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Lakes, Bay & Region • October 22 2016

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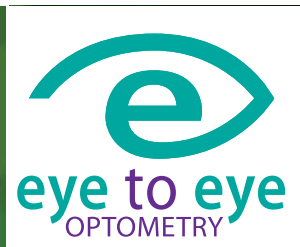
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The Messenger is dedicated to the community and we welcome contributions from residents, community groups, schools, sporting groups, the private sector and institutions of higher education. Email your reports and pictures to Editor Dan Fidler via:

**editor@northlakesmessenger.com.au**

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*The Messenger would like to acknowledge the traditional owners and elders of the lands and waters within the Moreton Bay Region and surrounds, both past and present.*



Oreo's handler,  
Oreo, Nate,  
Blake (seated)  
and Mum  
Belinda

## BLAKE'S BEST MATE

THERE'S A YOUNG LOCAL FAMILY THAT NEEDS OUR COLLECTIVE HELP WITH AN ASSISTANCE DOG

CHARITY GOLF DAY  
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Locals Belinda and Brian Spooner have two boys; Nate who is 6 years old and Blake who is four. Blake was diagnosed with Autism in November 2015, Epilepsy in March 2016, recurrent glue ear (causing hearing loss) and has recently been prescribed glasses as he is long sighted.

Young Blake struggles in just about every aspect of his life and unfortunately recently suffered a major setback, regressing by 18 months in his development. The cause of which is expected to be found in an upcoming MRI.

Unfortunately due to this regression, he's now lost the ability to complete tasks he was previously capable of and a lot of the development he gained from previous therapy will have to be relearned.

As part of Blake's condition, his senses are heightened so he struggles in crowds and public spaces such as Kindy and shopping centres.

Blake's speech therapist recently suggested that the family try an Autism Assistance Dog to help him with his day to day life. The best thing about a dog is that they are uncomplicated creatures to which he can relate (and who do not speak back).

The cost of training these very special companions is expensive, taking between 18 months to two years to train and cost up to costs up to \$20,000. Blake would benefit from weekly therapy sessions with the dog until such time as it is fully trained, when it would go to live with Blake.

There are two special events organised to raise funds for this very worthy and local cause. We urge you to show your support.

Firstly, there will be a charity golf day. It's being held at North Lakes Golf Club on Sunday 13th November. The day starts with an 8am tee off, providing food and beverages before and after

the round. There will be raffles and special games around the course with great prizes to win. Tickets are \$99 or \$360 for a group booking. Tickets can be purchased via [www.facebook.com/blakesbestmate/events](https://www.facebook.com/blakesbestmate/events).

There will also be a gala dinner to raise money for the much needed service dog at The Tavernetta function centre at Carseldine on Saturday 11th March 2017. We will bring you more info on this event as the date nears.

If you'd like to help out you can make a direct donation via <https://www.gofundme.com/2jcg4qc?r>

If you or your business can assist in this effort, or you'd like more information, contact [blakesbestmate@gmail.com](mailto:blakesbestmate@gmail.com).

For more info visit [www.facebook.com/blakesbestmate](https://www.facebook.com/blakesbestmate)



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# Keeping our rail network safe

Police get new weapon to monitor crime and anti-social behaviour in real time

Queensland Rail has partnered with the Queensland Police Service to boost security on the rail network and enabled remote access to 7000 rail station based CCTV cameras at Police Headquarters.

Minister for Transport Stirling Hinchliffe and Police Minister Bill Byrne welcomed the partnership and said it would give the Queensland Police Service access Queensland Rail's extensive CCTV network in real-time at the Police Communications Centre and improve responses to anti-social behaviour on the rail network.

"New remote CCTV access will enhance safety and security on our rail network, by providing vital real-time CCTV access for our Police to monitor and respond," Mr Byrne said.

"Police will now be able to log into station based cameras monitoring an incident on the rail network and coordinate their response appropriately, improving the current process of Queensland Rail security monitoring officers providing information verbally.



"It makes sense for Police to have instant access to the eyes and ears provided by Queensland Rail's cameras and will ensure they are able to better respond to incidents.

"This is a powerful new tool targeting anti-social behaviour, allowing Police to monitor and react to incidents from crime through to crowd control and other issues surrounding big events like RiverFire or New Year's Eve."

Mr Hinchliffe said new remote access for Police is in addition to Queensland Rail's new 'Intelligent Media Wall' unveiled at the \$40 million Rail Management Centre opened earlier this year.

"Police access to real-time CCTV will complement the new media wall located at the Queensland Rail Management Centre, which is more than triple the size of the previous one," Mr Hinchliffe said.

"A security monitoring team at Queensland Rail are now able to better monitor CCTV, with technological enhancements which

improve detection and response to crime on the network.

"Queensland Rail's commitment to safety has delivered excellent results, with the number of serious weapon based offences on the South East Queensland rail network dropping by half over the past two years."

Mr Hinchliffe said technology advancements were in addition to eight new police officers as part of the dedicated Police Railway Squad, as well as six new Authorised Officers operating on the South East Queensland rail network.

"A team of 78 police officers work specifically on the rail network and out of seven purpose built police beats to address anti-social behaviour," he said.

"Fortunately, serious crimes or injuries on the railway network are few and far between and those involved in assaults or altercations are often known to one another."

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# Queensland's heritage goes digital

Queenslanders can now connect with heritage places and historical sites across the state via an innovative web-based tool and a new social media site.

Minister for Environment and Heritage Protection Dr Steven Miles launched the new mobile-enabled website, Heritage Explorer, and Instagram account at the Brisbane Open House event at Newstead House today recently.

"Heritage Explorer allows Queenslanders to learn about the state's heritages places online and via mobile phone," Dr Miles said.

"People can access information and find heritage trails in Brisbane, the Fraser Coast, Gold Coast, Sunshine Coast, Tropical North Queensland and Outback Queensland.

"A new Instagram account @qldheritage will share the stories of Queensland's heritage places.

"These digital platforms will improve access to information, engaging and connecting Queenslanders across the state with our history.



"Our heritage places allow us to connect with our past, and explore the places and spaces that have shaped who we are today."

Newstead House is one of 54 State heritage listed places participating in Brisbane Open House 2016 this year.

"Newstead House has thrown open its doors for locals and visitors to explore," Dr Miles said.

"Free guided tours will give people a behind the scenes look at one of south east

Queensland's most iconic historic properties.

"Brisbane Open House has become one of the most popular events on Brisbane's calendar and has encouraged people to discover the city's rich history and diverse built environment.

"One hundred buildings across the city are involved in the free event this year, celebrating local architecture and design."

Visit Heritage Explorer at [www.qld.gov.au/recreation/arts/heritage/experience](http://www.qld.gov.au/recreation/arts/heritage/experience).

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# Moreton Bay Innovation Awards

No PHD? No Worries. Your idea doesn't have to be complicated it just has to be fresh, but hurry.

Time is running out to get your entry in for the second annual Moreton Bay Innovation Awards and stake your claim for the \$10,000 major prize, with entries closing at the end of October.

Moreton Bay Regional Council's Division Eleven Councillor Darren Grimwade won the Queensland Young Entrepreneur of the Year Award in 2008, and said initiatives like the Moreton Bay Innovation Awards could open up great opportunities for those who put their ideas forward.

"I can't recommend this enough to innovators and entrepreneurs who want to get some money-can't-buy exposure, because exposure is essential to growing an idea or concept into strong and sustainable business venture," Councillor Grimwade said.

"Your innovation doesn't have to be complicated, it just needs to be a fresh new concept, product or process that makes life easier! You don't have to be a physicist, a tech genius or have a PHD to be a successful innovator and your invention doesn't need to involve rocket science. Everyday people can come up with extraordinary ideas that have the potential to change the world, the office, the home, or even the classroom, in some way!"

"After all, someone invented the peg, the pen and the wheel - all simple inventions that have changed the world."

"I won the Queensland Young Entrepreneur of the Year award for the business model at



my Pizza stores. I think most people probably don't realise an entrepreneurial business model can be considered an 'innovation'. You might be surprised what counts as innovation."

"It costs nothing to enter the Moreton Bay Innovation Awards and you could take home up to \$10,000 dollars in prize money, not to mention the brand recognition and the prestige of winning. What have you got to lose?" Councillor Grimwade said.

Categories and prizes for the 2017 Moreton Bay Innovation Awards are as follows:

University of the Sunshine Coast Innovation of the Year (Major Prize) - \$10,000 prize.

- Sesame Lane Emerging Innovation - \$2,500 prize.
- Quest Community News Established Innovation - \$2,500 prize.
- Unitywater Moreton Bay Showcase

Award - \$2,500 prize.

- Telstra People's Choice Award - \$2,500 prize.
- Moreton Bay Region Industry and Tourism Youth Category:
  - Emerging Innovation - Youth: \$1000 (Winner) and \$375 (Runner-Up)
  - Established Innovation - Youth: \$1000 (Winner) and \$375 (Runner-Up)

For more information and entry details visit [www.moretonbayinnovationawards.com.au](http://www.moretonbayinnovationawards.com.au) or phone council on 3205 0555. Entries will remain open until Monday, 31 October 2016.

Winners will be announced at a Gala Event in early 2017.

**Pictured:** Moreton Bay Regional Council Division Eleven Councillor, Darren Grimwade, with one of the world's most simple and widely used innovations: the humble peg

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# Stand up against sitting down

BY DR ANITA, BRISBANE NORTH PHN

Many Australians spend a large part of their day sitting down, whether at work, commuting or watching TV at home, and the evidence indicates that this prolonged sedentary behaviour is very bad for our health.

According to the Australian Health Survey, sedentary activity occupied an average of 39 hours per week for adults in 2011/2012, with close to 10 hours of sitting at work, and 29 hours in leisure.

The Heart Foundation suggests the problem could be a lot worse, estimating that the average adult spends 15 hours, or more than half their day, sitting down.

The Baker IDI Heart and Diabetes Institute undertakes research into the health effects of sedentary behaviour and it now appears that it is simply not enough to be physically active for the recommended 30 minutes per day.

Baker IDI research shows substantive links between sedentary behaviour from periods of prolonged sitting and the risk of heart disease, type 2 diabetes, cancer and other diseases.

PHD candidate Paddy Dempsey has been leading a study into the potential to prevent and manage type 2 diabetes and cardiovascular disease through the reduction of sedentary behaviour.

"With the ubiquity of sedentary behaviours and the low adherence to structured exercises, light intensity walking or simple resistance activities are practical strategies that may contribute towards reducing the risk of diabetic and cardiovascular complications," Mr Dempsey said.

With the rate of type 2 diabetes increasing rapidly in Australia, this study has important implications for overweight and inactive adults living with the disease.

The authors of the study recognise that people with type 2 diabetes are already encouraged to engage in resistance exercises at least two to three times a week in addition to 150 minutes/week of moderate-vigorous aerobic exercise.

*sedentary behaviour is very bad for our health*

But the research findings potentially represent an important and practical public health and clinical intervention strategy for patients at risk of developing diabetic complications, heart disease or stroke.

The authors are calling on healthcare professionals to promote the message of 'sitting less and moving more' or to even consider prescribing regular interruptions in sitting time to their patients with type 2 diabetes.

Yet despite the known health benefits, particularly in relation to glucose metabolism and insulin sensitivity, meeting prescribed exercise guidelines can be challenging for some people.

The Heart Foundation recommends making small routine changes to cut down sedentary behaviour, such as taking regular breaks from your computer at work or rotating between standing and sitting tasks throughout the day.

At home, it is recommended to stand while watching your favourite TV program, or to wash the car by hand instead of using the drive-through.

The Heart Foundation also proposes that commuters could leave their cars at home and walk or cycle at least part of the journey to work.

To help track time spent sitting and boost energy levels, Baker IDI and the Vodafone Foundation developed the Rise and Recharge app.

The design of this smartphone app is based on research into the benefits of regular movement, including reductions in fatigue levels and reduced risk of developing heart disease.

It tracks the time a user spends sitting and alerts them when they should take a break, and in doing so, it encourages app users to stand up against sitting down.

To find out more or to download the app, go to: [www.riserecharge.com](http://www.riserecharge.com).

## ABOUT DR ANITA

Dr Anita Green (MBBS, MSpMed, FRACGP, FASMF, FAICD) has 30 years experience in both the primary care sector as a general practitioner and in the tertiary care sector with Queensland Health. She has a long-term commitment to undergraduate and postgraduate education, for medical and allied health professionals, and is involved in teaching and research at the University of Queensland.







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## *I'm embarrassed by my husband's appearance*

**Hi Leonie,**

I'm going to sound like a selfish cow and I know I won't come off well when I tell you about my issues. I have a really nice husband who is the salt of the earth, a great father and friend.

I like to socialise with other couples and we are members of a couple of clubs. My issue is that I am soooo embarrassed by my husband's appearance and "out there" personality. I'm not a snob but he says the most inappropriate things and thinks they are funny and at times I just die!

The embarrassment is a mood killer and when he does this out and about I just want to crawl in a hole. He is overweight (as am I) but he has this huge beer belly and the t-shirts and dress shirts he wears just don't cover it all so I, and everyone else is looking at a hairy belly button and his butt crack most of the time.

He has hairs in his nose, his ears, on his shoulders and let's just say he is not teddy bear cute but rather grizzly bear unkempt. He won't let me wax, pluck or preen him and the drive to do this is all consuming. I see him sitting there watching TV with his gut out, wild eyebrows and nasal hair for days.

Needless to say, I don't find him attractive and at times I'm afraid to say I find him repulsive – he picks his teeth with a fork for God's sake. I just don't really want to be around him even in private.

Also, I feel I'm being judged for being with him. He has always been a bit of an unweeded garden but when we were young it didn't bother me so much and I thought he was so cute with big cow eyes that it wasn't so noticeable. Now he is growing a lion's mane as eyebrows and I can barely see his eyes anymore. He showers, and is clean but he needs to tidy himself up. I constantly take little swipes at him but he never changes. He doesn't look as he did.

I started lying to my friends about him being busy or working so I didn't have to go out with him and then lying to him about where I am going and it all feels like I'm having an affair. He won't let me make him over and I am seriously considering leaving because I want a companion to retire with. I don't want to look like his carer. I want conversation not sarcasm and dull wit. I know you have a great reputation for saving marriages and hope you have dealt with this before – he won't come to counselling.

**Karen/Margate**

**Hi Karen,**

There is a big difference between wanting a partner to look after themselves for health reasons and wanting a partner to change their presentation to something you find more agreeable.

You say that your husband has always been unkempt but you once found it cute. He can't help aging and of course he doesn't look like he once did. I am quite sure that you no longer look as you once did. None of us do. It seems that it's not a hygiene issue but rather simply a presentation issue and you have no right to tell another adult what to wear or how to groom themselves. You do however have the right to ask him to be polite in company and to certainly dress modestly and not put his private parts on display.

That being said, I feel that what you are describing is mostly a compatibility issue rather than a behavioural issue. You say that you find him dim witted and embarrassing and that you don't like spending time with him. Could it be that you just don't love him anymore?

I suggest that if you do love your husband, stop taking "swipes" at him and sit him down for a serious conversation about what you see as barriers to your marriage being a happy one and ask him to also talk about the barriers that he sees. Tell him that you feel embarrassed to be seen out with him in his current fashion of presentation and ask if he would modify this to allow for a more compatible and respectful relationship. Tell him that it's really important to you but also tell him that you understand that he has the right to live as he chooses.

Be prepared for him to choose to stay as he is and to either make peace with this or move on.

**Til next week, Leonie**

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E-mail: [leonieschilling@bigpond.com](mailto:leonieschilling@bigpond.com)

Leonie Schilling is a qualified private practitioner.

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### **Relationship Intensive Care - A practical guide to saving and maintaining your relationship**

Leonie delivers advice about struggling with a sick relationship and delivers (in a way only Leonie could) an easy to understand plan to repair that relationship.

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# WHAT'S ON

**Our guide to what's on**

**Easily submit your event on our homepage**

**[www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)**

Please direct questions about this free service to [editor@northlakesmessenger.com.au](mailto:editor@northlakesmessenger.com.au)

## **MBSO'S SOIRÉE**

**Date:** Saturday October 22

**Time:** 6.30pm

**Location:** Norths Leagues & Services Club, 1347 Anzac Ave, Kallangur

**Cost:** Adults: \$25, Concessions: \$22, Students: \$16  
MBSO Performers: \$16.

MBSO's annual Soirée will once again feature the MBSO Junior Strings ensemble along with the MBSO Jazz Band, Fiddle Group, Flute Choir, Clarinet Choir and many other chamber groups and soloists.

The Soirée will showcase the wide range of musical talent encompassed in the various MBSO ensembles. Buy tickets at <https://www.trybooking.com/>. Ticket price includes refreshments

## **BOOST FOR LOCAL KIDS**

**Date:** Saturday October 22 and Sunday October 23

**Time:** all day

**Location:** Boost Juice at Westfield North Lakes

**Cost:** See Below

BOOST JUICE NORTH LAKES staff will be in their PJ's to support children in foster care. They will be donating \$1 from every Original Size smoothie sold on Saturday 22nd and Sunday 23rd October in support of the Pyjama Foundation which supports children in our foster care system. The wider community can also get involved by visiting the store and purchasing their favourite juice or smoothie knowing that they are helping a great cause.

As well as visiting the store on the day you can also donate directly to the Pyjama Foundation by visiting their website <http://www.thepyjamafoundation.com> and also find out more about their great work.

## **MELBOURNE CUP DAY AT KALLANGUR MEMORIAL BOWLS CLUB**

**Date:** Tuesday November 1

**Time:** Starts at 11am

**Location:** 1351 Anzac Avenue, Kallangur

**Cost:** \$25

KALLANGUR MEMORIAL BOWLS CLUB are hosting a Melbourne Cup Day. On the day there will be a complimentary drink on arrival, lucky door prize, raffles & best hat, sweeps on sale, fashion parade at 11.00am, lunch is at 12.30. Tickets are available from the club or phone 3285 2267.

## **PARK SOUNDS**

**Date:** Saturday 12 November 2016

**Time:** 1.00pm – 10.00pm

**Location:** Pine Rivers Park, Strathpine

**Cost:** See Website

Park Sounds is an over 18s event featuring internationally renowned hip hop group Bliss n' Eso. Also in the lineup are Draphth, Nicole Millar, Running Touch, PON CHO and GG Magree. It's a licensed event with police and security arrangements in place. For more information and to purchase tickets, visit [www.parksounds.com.au](http://www.parksounds.com.au)

## **KOOZA BY CIRQUE DU SOLEIL**

**Dates:** Running November 24 to January 8 2016

**Location:** Skygate, Next to Brisbane Airport DFO, QLD

**Cost:** Varies, see more info below

Described as a traditional circus homage and a return to the famed circus' origins, KOOZA combines acrobatic performance and the art of clowning, while exploring fear, identity, recognition and power. The Innocent's journey brings him into contact with comic characters from an electrifying world full of surprises, thrills, audacity and total involvement.

More info: <https://www.cirquedusoleil.com/kooza>

## **U3A PINE RIVERS OPEN DAY**

**Date:** Friday 18 November

**Time:** 9:30am to 12 noon

**Location:** Strathpine Community Centre  
Mecklem Street, Strathpine

**Cost:** Free

U3A Pine Rivers is holding their Annual Open Day to raise awareness for membership and to highlight the many benefits membership of a U3A can provide to the senior community.

**INFORMATION:** Meet the tutors, classes, activities, social events and friendships. **DISPLAYS:** Craft, Computers, Wood turning, Weights for Mates on display. **ENTERTAINMENT:** U3A Band, Choir and Circle Dancers will be performing. **MEMBERSHIP:** Join on the day. **VISITORS:** Everyone welcome – morning tea provided.

For further information, contact the office on 3800 6677

Visit the website – [www.u3apinerivers.org.au](http://www.u3apinerivers.org.au) and Like us on Facebook

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## KARMA

**Great Dane x Catahoula. 2 Yrs. Female**

Karma is deaf but don't let that put you off because she is a loveable sookie girl who loves spending time with people of all ages and other dogs.

She plays well with pups and also enjoys the company of older dogs. Karma has been an inside and outside dog who not only enjoys lounging around with humans inside but loves to be taken for walks long and short. She is halti trained and is an absolute pleasure to take for a walk or even a run. She doesn't pull or try to take off she walks/runs obediently at your side either with a halti or on collar. Karma prefers to have company be it human or animal so her ideal home would include at least one other fur animal. Just to be on the safe side taller fencing would be ideal. Karma sits before eating and knows some signs but we are working on more. She really loves company so be prepared for her to assist you with whatever you are doing.

Karma comes with her own deaf dog collar and lead, her own doona, 3mths of flea worm and heartworm treatment, and her bowl.

If you want to give Karma her forever home visit [www.safehavenanimalrescueinc.com](http://www.safehavenanimalrescueinc.com) and browse the 'Adoptions' section.



Cat friendly: Unknown  
Dog friendly: Yes  
Child friendly: Yes  
House trained: Yes  
Separation anxiety: No  
Indoor/Outdoor Dog

## ANIMALS ON THE ROAD TO FREEDOM



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[www.safehavenanimalrescueinc.com](http://www.safehavenanimalrescueinc.com)





# Your Stars



**Aquarius Jan 21 Feb 19:** Being knowledgeable shouldn't make you a know it all. Let a challenge to your authority serve as a reminder that we never stop being students in life.



**Pisces Feb 20-March 20:** You don't like being pushed, and they don't like being left hanging. Somewhere between these two points lies the truth of your relationship.



**Aries March 21-April 20:** Your about to enter an intense time. Give loved ones and friends the heads up as to the lack of your availability.



**Taurus April 21-May 21:** Certain points of contention simply won't go away on their own. Fight for what's right.



**Gemini May 22-June 21:** What we don't take care of in one relationship follows us into the next-kind of like a past life. Settle matters now before history repeats itself.



**Cancer June 22-July 23:** Your partner emerges from that black mood they've been in for quite some time. It will be nice to recognise the one you fell in love with.



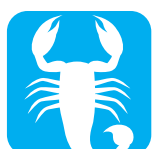
**Leo July 24-Aug 23:** It isn't easy having to take the high road. Never the less you were born under the lion hearted sign of the zodiac. Show everyone what nobility looks like.



**Virgo Aug 24-sept 23:** It feels like you're doing all the work in your relationship and your right; you are. Thankfully that changes today.



**Libra Sept 24-Oct 23:** A lot of people may be upset with you now, but you're not and that's what's important. Your self confidence is showing.



**Scorpio Oct 24-Nov 22:** You might be surprised to discover that people really like you. Take that as a vote of confidence.



**Sagittarius Nov 23-Dec 21:** It's your turn to give back. And it needn't be a tall order. A returned favour there or fulfilled pledge there is all it takes to get the karma rolling again.



**Capricorn Dec 22-Jan 20:** This week you won't be so inclined to rake yourself over the coals or pour salt in your wounds. You can even send your hair shirt to the drycleaners if you like!



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## NINE

**6.00** PAW Patrol. **6.30** Dora. **7.00** Weekend Today. **10.00** Today Extra: Saturday. (PG) **12.00** The Block. (PG) **1.30** The Block. (PG) **2.30** The Block. (PG) **3.30** The Block. (PG) **4.30** Garden Gurus. **5.00** News: First At Five. **5.30** Getaway. (PG) **6.00** Nine News. **7.00** Movie: How To Train Your Dragon. (PG) (2010) Jay Baruchel. **9.00** Movie: The Equalizer. (MA15+) (2014) Denzel Washington, Marton Csokas, Chloë Grace Moretz. A former black ops commando comes out of retirement. **11.45** Movie: Seeking Justice. (MA15+) (2011) Nicolas Cage. **1.45** Nine Presents. **2.00** TV Shop. **3.00** The Baron. (PG) **4.00** Impractical Jokers. (M) **4.30** Global Shop. **5.00** Extra. **5.30** Wesley Impact.

## GO!

**6.00** Children's Programs. **10.30** Teen Titans. (PG) **11.00** Dennis & Gnasher. **11.30** Pirate Express. **12.00** Move It. **12.30** Wild Kratts. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Sonic Boom. (PG) **3.00** Power Rangers Dino. (PG) **3.30** Yu-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Problem Solverz. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Movie: The Spy Next Door. (PG) (2010) **8.00** Movie: Around The World In 80 Days. (PG) (2004) **10.30** Movie: Mr Nice Guy. (M) (1997) **12.30** Adult Swim. (MA15+) **1.30** Man And Machine. (PG) **2.30** Surfing Australia TV. **3.00** Yu-Gi-Oh! (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Wild Kratts. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** NBC Today. **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **11.00** Horse Racing. Spring Racing Carnival. Cox Plate Day. **5.00** Creek To Coast. **5.30** Qld Weekender. **6.00** News. **7.00** Movie: Thor: The Dark World. (PG) (2013) Chris Hemsworth, Natalie Portman. **9.30** Movie: Clash Of The Titans. (M) (2010) Sam Worthington, Liam Neeson, Ralph Fiennes. A king recruits a warrior. **11.45** The Goldbergs. (PG) Beverly gets a teacher fired. **12.10** Mistresses. (M) Joss and Harry clash when they are hired to throw a lavish party for a wealthy housewife. **1.05** Mistresses. (M) **2.00** Shopping. **4.00** It Is Written. (PG) **4.30** Sons And Daughters. (PG) **5.00** Sons And Daughters. (PG) **5.30** Harry's Practice.

## 7TWO

**6.00** Shopping. **8.00** House Calls To The Rescue. **9.00** Room For Improvement. **10.00** Hot Property. **10.30** Property Ladder UK Revisited. **11.30** Travel Oz. **1.00** The Travel Bug. (PG) **2.00** Going Bush. (PG) **2.30** Sydney Weekender. **3.00** Great South East. **3.30** Creek To Coast. **4.00** Qld Weekender. **4.30** WA Weekender. **5.00** Around The World With Manu. (PG) **6.00** The Hairy Bikers' Northern Exposure. (PG) **7.00** Movie: Sister Act. (PG) (1992) **9.10** Movie: Sister Act 2: Back In The Habit. (G) (1993) **11.30** Best Houses Australia. **12.00** The Hairy Bikers' Northern Exposure. (PG) **1.00** Psychic TV. (M) **4.00** Sydney Weekender. **4.30** WA Weekender. **5.00** Qld Weekender. **5.30** Late Programs.

## TEN

**6.00** Fishing Edge. **6.30** Everyday Gourmet. **7.00** RPM. **8.00** Family Feud. **8.30** Weekend Feast. **9.30** St10. (PG) **10.30** Motor Racing. Supercars Championship. Gold Coast 600. Race 22. **4.30** Rugby Union. Bledisloe Cup. Game 3. New Zealand v Australia. **6.30** Scorpion. (PG) **7.30** MacGyver. (M) MacGyver and the team head to Malaysia in search of a man funding a terrorist group. **8.30** Hawaii Five-0. FBI profiler Alicia Brown joins McGarrett in the hunt for the chess-piece killer after she finds a body in her bed. **9.30** Movie: World War Z. (M) (2013) Brad Pitt, Mireille Enos. A man battles a zombie outbreak. **11.50** 48 Hours. (MA15+) **1.00** Shopping. **4.30** It Is Written. (PG) **5.00** Hour Of Power.

## ONE

**6.00** Shopping. **8.00** Get Smart. (PG) **9.00** World Sport. **9.30** Operation Repo. (PG) **10.00** Jake And The Fatman. **11.00** MacGyver. **12.30** Motorcycle Racing. MotoGP Race 16. Australian Grand Prix. Qualifying. **4.00** Rugby Union Pre-Show. **4.30** The Offroad Adventure Show. **5.30** Escape Fishing With ET. **6.00** Jamie & Jimmy's Food Fight Club. **7.00** Meerkats: Secrets Of An Animal Superstar. **8.00** Undercover Boss. (M) **9.00** Megastructures Breakdown. **10.00** Zoo. (M) Final. **11.00** Rosewood. (M) **12.00** Bellator MMA. (M) **2.00** Operation Repo. (PG) **2.30** RPM GP. **3.00** RPM. **4.00** Motorcycle Racing. MotoGP Race 15. Japanese Grand Prix. Replay. **5.30** Whacked Out Sports. (PG)

## ABC

**6.00** Rage. (PG) **10.30** Rage. (PG) **11.35** The Checkout. (PG) **12.05** Myf Warhurst's Nice. (PG) **12.35** QI. (PG) **1.05** Pointless. **1.50** The Men Who Made Us Spend. **2.40** Restoration Man. Final. **3.30** Great Southern Land. **4.30** Landline. **5.00** Midsomer Murders. (PG) **6.30** Gardening Australia. **7.00** ABC News. **7.30** Agatha Raisin. (PG) Final. Agatha faces the crisis of a lifetime when she is framed for murder. **8.20** Home Fires. (PG) As Frances and Joyce battle for leadership of the new WI, other members face their own problems. **9.05** The Doctor Blake Mysteries. (M) Final. **10.05** The Agony Of... (M) **10.35** Call The Midwife. (M) **11.35** Rage. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Highway Thru Hell. (PG) **8.15** Would I Lie To You? (PG) **8.45** Rosehaven. (PG) **9.15** Live At The Apollo. (M) **10.00** Catastrophe. (M) **10.25** Episodes. (MA15+) **10.55** The Spoils Of Babylon. (PG) **11.20** The Wrong Mans. (M) **11.50** Bad Education. (M) **12.20** Bad Education. (M) **12.50** Bad Education. (M) **1.20** Highway Thru Hell. (PG) **2.10** News Update. **2.15** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. Final. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Small Business Secrets. **2.30** Cats Uncovered. **3.30** International Festival Of Language And Culture. **4.30** Voxwomen Cycling. **5.00** Cycling. Paris-Tours. Highlights. **5.30** Who Do You Think You Are? (PG) **6.30** SBS World News. **7.30** Secrets Of The White House. **8.30** Grand Tours. **9.00** Soccer. EPL. Bournemouth v Tottenham. **11.50** RockWiz Salutes The Decades. (M) **12.50** Food Lovers' Guide To Australia. **1.20** Nazis In The CIA. (PG) **2.25** Real Humans. (M) **3.30** Real Humans. (M) **4.45** Ebony Society. (M) **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **12.05** Hindi News. **12.30** Dutch News. **1.00** Soccer. A-League. Round 3. Melbourne City v Perth Glory. Replay. **3.00** Motorcycle Racing. Superbike World Championship. Round 12. **3.50** Street Genius. (PG) **4.20** Speed With Guy Martin. (PG) **5.15** Hipsters. (PG) **5.45** 365: Every Day Documentaries. (PG) **5.50** Survivor Games With Bear Grylls. (PG) **7.05** Food, Booze And Tattoos. **7.30** If You Are The One. **8.30** Royal Navy School. (M) **9.25** Halfworlds. (MA15+) **10.00** 12 Monkeys. (M) **10.50** Lost Girl. (M) **11.45** Movie: Naked Ambition. (MA15+) (2003) **1.40** Movie: Kiss Me Again. (MA15+) (2010) **4.15** CCTV News In English From Beijing. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.00pm Spectre** (2015) Action. Daniel Craig, Christoph Waltz. (M) *Premiere*  
**6.35pm Woman In Gold** (2015) Biography. Helen Mirren, Ryan Reynolds. (M) *Masterpiece*  
**8.30pm Truth** (2015) Drama. Cate Blanchett, Robert Redford. (M) *Premiere*

## GENERAL

**8.30pm Jeff Ross Roasts Police.** (MA15+) *Comedy Channel*  
**8.30pm The Fosters.** (M) *FOX8*  
**9.25pm Brief Encounters.** (M) *BBC First*

## DOCUMENTARY

**7.30pm Elvis: Complete King Of Rock 'N' Roll.** (PG) *Foxtel Arts*  
**7.30pm My Crazy Ex.** (M) *Crime & Investigation*  
**7.30pm The Bachelor NZ.** (M) *Lifestyle You*

## SPORT

**1.30pm Motorcycle Racing.** MotoGP. Australian Grand Prix. Qualifying. *Fox Sports 2*  
**5.30pm Rugby Union.** Bledisloe Cup. Australia v NZ. *Fox Sports 2*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

2210

**DANCE AUDITION**  
new opportunity for young dancers

*Youth Elite Steps* 2017

Steps has just released YES, a new and highly anticipated extension program dedicated to furthering the ballet training of aspiring young dancers, aged 13 - open years.

Successful auditions will have the privilege of working under the tutelage of Miss Jane Devine, an Adeline Genée Gold Medal Recipient and lead soloist with the Royal Ballet as well as the English National Ballet.

Miss Devine's unique program couples her elite performing experience with an adept understanding of the anatomical and physiological aspects which underpin the physicality of ballet. The YES program will educate and guide the next generation of aspiring dancers on a responsible and self-empowered journey to reaching their best technical self.

Designed to inspire a student's spirit whilst extending their understanding of classical technique, YES is for the driven, dedicated and determined student who dreams of taking their dancing to a higher level.

AUDITION DATE: 29th OCTOBER 2:15pm - 3:15pm  
please call 3204 7239 for all registration details

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new opportunity for young dancers

*Youth Elite Steps* 2017

Steps has just released YES, a new and highly anticipated extension program dedicated to furthering the ballet training of aspiring young dancers, aged 8 - 13 years.

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Designed to nurture a child's spirit whilst developing their understanding of classical technique, YES is for the driven, dedicated and determined student who dreams of taking their dancing to a higher level.

AUDITION DATE: 29th OCTOBER 1:00pm - 2:00pm  
please call 3204 7239 for all registration details



## NINE

**6.00** Weekend Today. **8.30** Cricket. One-Day Cup. Final. Morning session. From North Sydney Oval. **12.00** Full Circle. **12.30** Cricket. One-Day Cup. Final. Afternoon session. From North Sydney Oval. **4.00** The Real Jaws. (PG) **5.00** News: First At Five. **5.30** Customs. (PG) **6.00** Nine News. **7.00** The Block. (PG) **8.30** 60 Minutes. **9.30** Hyde & Seek. (M) **10.30** Killer On The Line. (M) **11.30** Unforgettable. (M) **12.30** Impractical Jokers. (M) **1.00** Full Circle. **1.30** TV Shop: Home Shopping. **2.30** Global Shop. **3.00** The Baron. (PG) **4.00** Good Morning America: Sunday. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **12.00** Rabbids Invasion. (PG) **12.30** SpongeBob. **1.00** Kate And Mim-Mim. **1.30** Yu-Gi-Oh! (PG) **2.00** Yu-Gi-Oh! (PG) **2.30** Problem Solverz. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** Yo-Kai. (PG) **4.00** Teen Titans. (PG) **4.30** Power Rangers Dino. (PG) **5.00** Ben 10. (PG) **5.30** Batman. (PG) **6.00** Legend Of The Boneknapper Dragon. **6.30** Movie: Teenage Mutant Ninja Turtles. (PG) (2014) **8.30** Movie: Transformers: Age Of Extinction. (M) (2014) **11.50** Adult Swim. (MA15+) **12.50** The Almighty Johnsons. (M) **1.45** Surfing Australia TV. **2.15** Sonic Boom. **2.30** Yo-Kai. (PG) **3.00** Yu-Gi-Oh! (PG) **3.30** SpongeBob. **4.00** Little Charmers. **4.30** Kate And Mim-Mim. **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Dr Oz. (PG) **7.00** Weekend Sunrise. **10.00** Morning Show. (PG) **12.00** Business Builders. (PG) **12.30** The Franchise Show. (PG) **1.00** To Be Advised. **2.10** To Be Advised. **3.20** To Be Advised. **4.30** Motorway Patrol. (PG) **5.00** News. **5.30** Great South East. **6.00** News. **7.00** The X Factor. (PG) With the three seat challenge completed, the finalists take to the stage for their first live performances. **9.30** To Be Advised. **11.50** To Be Advised. **12.50** Scandal. (M) Fitz's pick for Supreme Court Justice is caught having a torrid affair with Liv's new client. **2.00** Shopping. **3.30** Harry's Practice. Information about pet care. **4.00** NBC Press. Hosted by Chuck Todd. **5.00** News. **5.30** Sunrise. News, sport and weather.

## 7TWO

**6.00** Morning Programs. **7.30** Leading The Way. (PG) **8.00** David Jeremiah. (PG) **8.30** It Is Written. **9.00** Shopping. **9.30** Best Houses Australia. **10.00** Home And Away Catch-Up. (PG) **12.30** Storage Hoarders. **1.30** No Reservations. (PG) **2.30** The Hairy Bikers' Northern Exposure. (PG) **3.30** Around The World With Manu. (PG) **4.30** Intolerant Cooks. **5.00** Mighty Cruise Ships. (PG) **6.00** SCU. (PG) **6.30** Motorway Patrol. (PG) **7.00** For The Love Of Dogs. (PG) **7.30** Around The World With Manu. (PG) **8.30** Escape To The Country. **9.30** The House That £100K Built: Tricks Of The Trade. **10.45** Escape To The Country. **11.45** Mighty Cruise Ships. (PG) **12.45** Late Programs.

## TEN

**6.00** Mass. **6.30** Hillsong. **7.00** Joseph Prince. **7.30** Joel Osteen. **8.00** GCBC. **8.30** Everyday Gourmet. **9.00** St10. (PG) **10.30** RPM. **11.00** Motor Racing. Supercars Championship. Gold Coast 600. Race 23. **5.00** News. **6.00** Family Feud: Sunday. **6.30** Modern Family. (PG) **7.00** Modern Family. (PG) **7.30** Australian Survivor. With only five contestants remaining in the competition, the efforts to strategise reach fever pitch. **8.30** Just For Laughs Montreal Comedy Festival. (M) Some of the world's best comedic talent take to the stage for the 2016 Montreal Comedy Festival. **10.00** To Be Advised. **11.00** 48 Hours. (M) **12.00** 48 Hours. (M) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** Rugby Union. Bledisloe Cup. Game 3. New Zealand v Australia. **9.00** Shopping. **10.00** World Sport. **10.30** Operation Repo. (PG) **11.00** Healthy Homes Australia. **11.30** Motorcycle Racing. MotoGP. Race 16. Australian Grand Prix. **4.00** World Sport. **4.30** Extreme Boats' Big Angry Fish. (PG) **5.30** iFish. **6.00** Family Feud: Sunday. **6.30** M\*A\*S\*H. (PG) **7.30** CSI: Cyber. (M) **8.30** Lands Of The Moonsoon. (PG) **9.30** Movie: The Game. (1997) Michael Douglas, Sean Penn. **12.10** Undercover Boss. (M) **1.10** Moments Of Impact. (PG) **2.10** World Sport. **2.30** Operation Repo. (PG) **3.00** The McCarthys. (PG) **4.30** Athletics. Sydney Running Festival. Highlights. **5.30** Whacked Out Sports. (PG)

## ABC

**6.00** Morning Programs. **9.00** Insiders. **10.00** Offsiders. **10.30** Australia Wide. **11.00** World This Week. **11.30** Praise. **12.00** Landline. **1.00** Gardening Australia. **1.30** The Mix. **2.00** Home Fires. (PG) **3.00** Fake Or Fortune? **4.10** Australian Story. **4.40** Julia Zemiro's Home Delivery. (PG) **5.10** Agatha Raisin. (PG) Final. **6.00** QI. (PG) **6.30** Compass. (PG) **7.00** ABC News Sunday. **7.40** Grand Designs: House Of The Year. (PG) **8.30** Poldark. (PG) **9.30** Wolf Hall. (MA15+) **10.30** Peggy Guggenheim: Art Addict. (M) **12.05** Grayson Perry: Who Are You? (PG) **12.55** Don't Miss Da Bus. (PG) **1.25** Wolf Hall. (MA15+) **2.25** Fake Or Fortune? **3.25** Peggy Guggenheim: Art Addict. (M) **5.00** Insiders.

## ABC2

**6.00** Children's Programs. **3.10** The WotWots. **3.20** Mofy. **3.30** Play School. **4.00** Bananas In Pyjamas. **4.10** Wiggle. **4.20** Tree Fu Tom. **4.45** Pocoyo. **4.55** The Numtums. **5.00** The Cookie Thief. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. **7.30** Stan Lee's Superhumans. (PG) **8.10** Miracle On Everest. (PG) **9.05** Fahrenheit 9/11. (M) **11.05** Louis Theroux's Weird Weekends. (PG) **11.55** The Fried Chicken Shop. (M) **12.45** The Midwives. (PG) **1.45** Stan Lee's Superhumans. (PG) **2.25** News Update. **2.30** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** France 24 English News. **6.30** Deutsche Welle. **7.00** Al Jazeera. **7.30** Italian News. **8.10** Filipino News. **8.40** French News. **9.30** Soccer. EPL. Bournemouth v Tottenham. Replay. **12.00** Speedweek. **2.00** Basketball. NBL. Round 3. Melbourne United v Perth Wildcats. **4.00** Arabic News. **4.30** Turkish News. **5.00** Small Business Secrets. **5.30** Nazi Megastructures. **6.30** SBS World News. **7.30** The Great Human Odyssey. **8.30** Being Evel. (M) **10.20** Pauline Hanson: Please Explain! (PG) **11.50** Movie: Autumn. (M) (2010) Mohammad Amir Naji. **1.40** Rectify. (PG) **2.30** Rectify. (PG) **3.00** Rectify. (PG) **4.10** Rectify. (PG) **5.00** CCTV English News. **5.30** NHK World English News. **5.45** France 24 Feature.

## SBS2

**6.00** WorldWatch. **9.00** PopAsia. (PG) **10.00** WorldWatch. **1.00** We Are Young. **2.05** Geeks. (PG) **3.00** Billy On The Street. (PG) **3.30** Human Resources. (M) **3.55** Human Resources. (PG) **4.20** Survivor Games With Bear Grylls. (PG) **5.35** 365: Every Day Documentaries. **5.40** Fameless. (PG) **6.10** Fameless. (PG) **6.35** Vs Arashi. **7.30** If You Are The One. **8.30** MythBusters. (PG) **9.30** Great Minds With Dan Harmon. **10.00** 3AM: Sex, Drugs, New York. (MA15+) **10.25** The Green Room With Paul Provenza. (M) **10.55** The Green Room With Paul Provenza. (M) **11.30** Tent And Sex. (M) **12.05** Miss Nikki And The Tiger Girls. (M) **1.05** Avicii On Tour. (M) **1.55** Movie: Call Girl. (MA15+) (2012) **4.25** WorldWatch.



## MOVIES

**6.30pm Ted 2** (2015) Comedy. Mark Wahlberg, Amanda Seyfried. (MA15+) **Premiere**  
**8.30pm Pulp Fiction** (1994) Crime. John Travolta, Uma Thurman. (MA15+) **Masterpiece**  
**10.40pm Mad Max: Fury Road** (2015) Action. Tom Hardy, Charlize Theron. (MA15+) **Premiere**

## GENERAL

**7.30pm Million Dollar Listing LA**. (M) Arena  
**8.30pm The Real Housewives Of Auckland**. (M) Arena

## DOCUMENTARY

**6.30pm Hitler's Supergun**. (PG) *National Geographic*  
**7.30pm Love Never Dies**. (PG) *National Geographic Wild*

## SPORT

**3.00pm Basketball**. NBL. Melbourne United v Perth Wildcats.  
*Fox Sports 3*  
**4.00pm Motorcycle Racing**. MotoGP. Australian Grand Prix.  
*Fox Sports 2*  
**7.00pm Cricket**. One-day International Series. India v New Zealand. Game 3.  
*Fox Sports 2*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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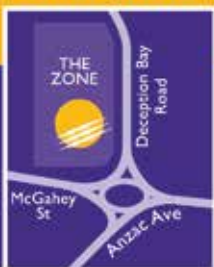


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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The  
 Ellen DeGeneres Show. (PG) **1.00**  
 Extra. **1.30** The Block. (PG) **3.00**  
 News Now. **4.00** Afternoon News.  
**5.30** Millionaire Hot Seat. **6.00**  
 Nine News. **7.00** A Current Affair.  
**7.30** The Block. (PG) Work on the  
 challenge apartment begins and  
 the treasurer and project manager  
 are appointed. **8.40** Hyde & Seek.  
 (M) **9.40** Australian Crime Stories.  
 (MA15+) **10.40** Person Of Interest.  
 (M) **11.40** Undateable. (M) **12.10**  
 What Would You Do? (M) **1.00**  
 Extra. **1.30** TV Shop: Home  
 Shopping. **2.00** Danoz Direct.  
**2.30** Global Shop. **3.00** Skippy  
 The Bush Kangaroo. **3.30** Good  
 Morning America. **5.00** News Early  
 Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.30**  
 Yu-Gi-Oh! (PG) **3.00** Power  
 Rangers Dino. (PG) **3.30** Yo-Kai.  
 (PG) **4.00** Kids' WB. (PG) **4.05**  
 Justice League Unlimited. (PG)  
**4.30** Batman. (PG) **5.00** Ben 10.  
 (PG) **5.30** Teen Titans Go! (PG)  
**6.00** Regular Show. (PG) **6.30** Adv  
 Time. (PG) **7.00** The Middle. (PG)  
**7.30** Top Gear: Spanish Supercar  
 Road Trip. (PG) **9.00** Movie:  
 Hummingbird. (MA15+) (2013)  
**11.00** Tattoo Fixers. (MA15+)  
**12.00** American Digger. (PG)  
**12.30** Adv Time. (PG) **1.00** Regular  
 Show. (PG) **1.30** Ben 10. (PG) **2.00**  
 Power Rangers Dino. (PG) **2.30**  
 Kate And Mim-Mim. **3.00** Sonic  
 Boom. (PG) **3.30** Yu-Gi-Oh! (PG)  
**4.00** Power Rangers Dino Charge.  
 (PG) **4.30** Batman. (PG) **4.50**  
 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning  
 Show. (PG) **11.30** News. **12.00**  
 Movie: A Woman's Rage. (M)  
 (2008) **2.00** The Daily Edition.  
**3.00** The Chase. **4.00** News. **5.00**  
 The Chase Australia. **6.00** News.  
**7.00** Home And Away. (PG) **7.30**  
 The X Factor. (PG) Hosted by  
 Jason Dundas. **8.40** The Secret  
 Daughter. (PG) Layla arrives as a  
 sign of support for her best friend,  
 Billie, only to become increasingly  
 close with Jamie. **9.40** The Catch.  
 (M) A government agency "loses"  
 a person in possession of the  
 blueprints of a deadly weapon.  
**10.35** The Catch. (M) **11.30** The  
 Goldbergs. (PG) **12.10** Packed To  
 The Rafters. (PG) **1.05** The Real  
 Seachange. (PG) **1.30** Harry's  
 Practice. **2.00** Shopping. **4.00** NBC  
 Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo  
 Lost. **7.30** In Your Dreams. **8.00**  
 Toybox. **8.30** Harry's Practice.  
**9.00** Home And Away: The Early  
 Years. (PG) **9.30** NBC Today. **10.30**  
 NBC Press. **11.30** Best Houses  
 Australia. **12.00** Escape To The  
 Country. **1.00** Lovejoy. (PG) **2.00**  
 The Great Outdoors. **3.00** The  
 Zoo. **3.30** RSPCA Animal Rescue.  
**4.00** Medical Emergency. (PG)  
**4.30** 60 Minute Makeover. (PG)  
**6.30** Bargain Hunt. **7.30** Rosemary  
 & Thyme. (PG) **8.30** Wallander.  
 (M) Wallander investigates when  
 a friend of his daughter goes  
 missing, shortly after visiting him  
 to ask for help. **10.30** Air Crash  
 Investigation. (PG) **11.30** Bargain  
 Hunt. **12.30** Lovejoy. (PG) **1.30** Air  
 Crash Investigation. (PG) **2.30** Dr  
 Oz. (PG) **5.30** Harry's Practice.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday  
 Gourmet. **7.00** Ben's Menu. **7.30**  
 Bold. (PG) **8.00** Family Feud. **8.30**  
 Studio 10. (PG) **11.00** The Talk.  
**12.00** Dr Phil. (M) **1.00** To Be  
 Advised. **2.00** Ent. Tonight. **2.30**  
 GCB. **3.00** Judge Judy. (PG)  
**3.30** My Market Kitchen. **4.00**  
 Ben's Menu. **4.30** Bold. (PG) **5.00**  
 News. **6.00** Family Feud. **6.30** The  
 Project. **7.30** Australian Survivor.  
**8.30** Have You Been Paying  
 Attention? (M) Guests include  
 Ed Kavalee, Urzila Carlson, Marty  
 Sheargold, Kitty Flanagan and  
 Sam Pang. **9.30** Life In Pieces.  
 (PG) **10.00** The Odd Couple.  
 (PG) Final. **10.30** Elementary. (M)  
**11.30** The Project. **12.30** The Late  
 Show With Stephen Colbert. (PG)  
**1.30** Shopping. **4.00** My Market  
 Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00**  
 Daryl Beattie: The Canning Stock  
 Route. (PG) **9.00** Moments Of  
 Impact. (PG) **10.00** M\*A\*S\*H.  
 (PG) **11.00** Hogan's Heroes. **12.00**  
 Get Smart. (PG) **1.00** Matlock.  
 (M) **2.00** Nash Bridges. (M) **3.00**  
 Jake And The Fatman. (PG) **4.00**  
 Diagnosis Murder. (PG) **5.00** Star  
 Trek: Voyager. (PG) **6.00** Family  
 Feud. **6.30** M\*A\*S\*H. (PG) **7.30**  
 Undercover Boss. **8.30** Undercover  
 Boss. (PG) **9.30** Motor Racing.  
 Formula 1. Race 18. United States  
 Grand Prix. From the Austin  
 Circuit, Texas. **10.30** House Of  
 Lies. (MA15+) **11.30** Hogan's  
 Heroes. **12.00** Home Shopping.  
**2.00** Diagnosis Murder. (PG)  
**3.00** Matlock. (M) **4.00** Nash  
 Bridges. (M) **5.00** Jake And The  
 Fatman. (PG)

## ABC

**6.00** News. **9.00** News Mornings.  
**10.00** Landline. **11.00** Compass.  
 (PG) **11.30** Eggheads. **12.00**  
 News. **1.00** Poldark. (PG) **2.00**  
 Grand Designs: House Of The  
 Year. (PG) **2.50** QI. (PG) **3.15** The  
 Cook And The Chef. **3.45** The  
 Bill. (PG) **4.10** Murder, She Wrote.  
 (PG) **5.00** News. **5.30** The Drum.  
**6.00** The Checkout: Snack Size.  
 (PG) **6.10** Pointless. **7.00** ABC  
 News. **7.30** 7.30. **8.00** Australian  
 Story. **8.30** Four Corners. **9.20**  
 Media Watch. (PG) **9.35** Q&A.  
**10.40** Lateline. **11.10** The  
 Business. **11.30** Golf. PGA Tour.  
 CIMB Classic. Highlights. From  
 Kuala Lumpur, Malaysia. **12.25**  
 Mad Dogs. (M) **1.10** The Mix.  
**1.40** Rage. (MA15+) **4.05** The  
 Musketeers. (M) **5.00** Eggheads.  
**5.30** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **2.55**  
 dirtgirlworld. **3.10** The WotWots.  
**3.20** Mofy. **3.30** Play School.  
**4.00** Bananas In Pyjamas. **4.10**  
 Wiggle. **4.20** Tree Fu Tom. **4.45**  
 Pocoyo. **4.55** The Numtums. **5.00**  
 Wallykazam! **5.25** Peg & Cat. **5.40**  
 Peppa Pig. **5.50** Fireman Sam.  
**6.00** Hey Duggee. **6.10** Octonauts.  
**6.20** Peter Rabbit. **6.35** Charlie  
 And Lola. **6.50** Shaun The Sheep.  
**7.00** Spicks And Specks. (PG) **7.30**  
 Class. (M) New. **8.30** Class. **9.20**  
 Ross Kemp: Extreme World. (M)  
**10.05** Shaun Micallef's MAD AS  
 HELL. (M) **10.35** Fahrenheit 9/11.  
 (M) **12.35** Miracle On Everest. (PG)  
**1.30** News Update. **1.35** Close.  
**5.00** Ella The Elephant. **5.10**  
 Boj. **5.20** Mouk. **5.35** Angelina  
 Ballerina: The Next Steps. **5.45**  
 Abney & Teal.

## SBS

**6.00** WorldWatch. **9.30** Greek  
 News From Cyprus. **10.30** German  
 News. **11.00** Spanish News. **12.00**  
 Arabic News. **12.30** Turkish News.  
**1.00** Al Jazeera. **2.00** Tony Bennett  
 & Lady Gaga: Cheek To Cheek.  
**3.00** The Story Of The Jews. (PG)  
**4.05** West Meets East: Mystical  
 India. (PG) **5.00** Backroads USA.  
**5.30** Letters And Numbers. **6.00**  
 Rachel Khoo's Kitchen Notebook:  
 Melbourne. **6.30** SBS World News.  
**7.30** The Supernet. (PG) New.  
**8.30** Skies Above Britain. (M) **9.35**  
 Miracles Of Nature. **10.35** SBS  
 News. **11.05** The World Game.  
**11.35** Modus. (M) **12.30** Modus.  
 (MA15+) **1.20** Modus. (MA15+)  
**2.15** Movie: Blue. (M) (2009) **4.20**  
 Room 101. (M) **4.50** Destination  
 Flavour. **5.00** CCTV English News.  
**5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **1.30** Tamil  
 News. **2.00** Thai News. **2.30** Sri  
 Lankan Sinhalese News. **3.00**  
 Bangla News. **3.30** Romanian  
 News. **4.00** Illusions Of Grandeur.  
**4.30** Man Vs Fly. (PG) **4.35**  
 Where The Wild Men Are With  
 Ben Fogle. (PG) **5.30** 365: Every  
 Day Documentaries. **5.35** Dana.  
**6.05** If You Are The One. **7.05**  
 Community. **7.30** The Feed. **8.00**  
 The Mindy Project. (PG) **8.30** The  
 Mindy Project. **9.00** Unplanned  
 America. (M) **9.35** Movie: Ill  
 Manors. (AV15+) (2012) **11.50**  
 Movie: Ghost Graduation. (M)  
 (2012) **1.30** The Feed. **2.00**  
 Danger 5. (MA15+) **2.30** Movie:  
 We Have A Pope. (M) (2011)  
**4.25** RT News In English From  
 Moscow. **5.00** Korean News. **5.30**  
 Indonesian News.



## MOVIES

**6.35pm Dumb And  
 Dumber To** (2014)  
 Comedy. Jim Carrey,  
 Jeff Daniels. (M)  
 Comedy  
**8.30pm Straight  
 Outta Compton**  
 (2015) Biography.  
 O'Shea Jackson Jr,  
 Corey Hawkins.  
 (MA15+) *Premiere*  
**8.30pm Mr & Mrs  
 Smith** (2005) Action.  
 Brad Pitt, Angelina  
 Jolie. (M) *Action*

## GENERAL

**7.30pm The  
 Walking Dead.**  
 (MA15+) *FX*  
**8.30pm Teachers.**  
 (MA15+) *Comedy  
 Channel*  
**9.30pm The  
 Mysteries Of Laura.**  
 (M) *Universal Channel*

## DOCUMENTARY

**7.30pm Food  
 Factory.** (PG)  
*Discovery Science*  
**8.30pm Inside Out  
 Homes.** *Lifestyle*  
**9.30pm Great  
 British Menu.**  
*Lifestyle Food*

## SPORT

**6.00pm Surfing.**  
 World League. Round  
 10. Moche Rip Curl  
 Pro Portugal. Day 7.  
*Fox Sports 1*  
**7.30pm Basketball.**  
 NBL. Round 3.  
 Sydney Kings v  
 Illawarra Hawks.  
*Fox Sports 3*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** The Ellen DeGeneres Show. (PG) **1.00** Extra. **1.30** Hot In Cleveland. (PG) **2.00** The Block. (PG) **3.00** News Now. **4.00** Afternoon News. **5.30** Millionaire Hot Seat. **6.00** Nine News. **7.00** A Current Affair. **7.30** The Block. (PG) **8.40** Unreal Estate. Kate and Cam play hide and seek in Swifts, one of the grandest old mansions in Australia. **9.40** How The Rich Live Longer. (PG) **10.50** Doctor Doctor. (M) **11.50** 20/20. **12.40** Impractical Jokers. (M) **1.05** Extra. **1.30** Danoz Direct. **2.30** Global Shop. **3.00** Skippy The Bush Kangaroo. **3.30** Good Morning America. **5.00** News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Adv Time. (PG) **7.00** The Middle. (PG) **7.30** Big Bang. (PG) **8.30** Movie: Ocean's Twelve. (M) (2004) **11.00** Two And A Half Men. (PG) **11.30** South Beach Tow. (M) **12.00** American Digger. (PG) **12.30** Adv Time. (PG) **1.00** Regular Show. (PG) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: The Boy She Met Online. (M) (2010) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Home And Away. (PG) **7.30** Gold Coast Medical. (PG) New. A man's legs and life get saved. **8.30** Cold Feet. (M) Determined to help their friend get over his depression, David and Adam rally together in a bid to cheer up Pete. **9.30** Cold Feet. (M) Trying to prove his innocence, David realises he has his work cut out for him when his wife files for divorce. **10.30** The Windsors. (M) **11.00** Chicago Fire. (M) **12.00** Grey's Anatomy. (M) **1.30** Cougar Town. (M) **2.00** To Be Advised. **4.00** NBC Today. **5.00** News. **5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Air Crash Investigation. (PG) **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Air Rescue. (PG) **3.30** Crash Investigation Unit. (PG) **4.00** Medical Emergency. (PG) **4.30** 60 Minute Makeover. (PG) **6.30** Bargain Hunt. Hosted by Tim Wonnacott. **7.30** Kingdom. (PG) Peter helps a veteran. **8.30** Inspector Morse. (M) Morse's investigations into an apparently motiveless murder of a young woman lead him to question his own driving ability. **10.50** The Border. (PG) **11.50** Bargain Hunt. **12.50** Lovejoy. (PG) **1.50** Dr Oz. (PG) **5.00** Cannibal Crusade.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. (M) **1.00** To Be Advised. **2.00** Ent. Tonight. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** Australian Survivor. Final. Presented by Jonathan LaPaglia. **9.00** Todd Sampson's Body Hack. Todd Sampson learns the traditional methods of free-dive fishing from the Bajau people of Malaysia. **10.00** NCIS: LA. New. **11.00** NCIS: New Orleans. (M) **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping. **4.00** My Market Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00** All 4 Adventure. (PG) **9.00** Robson's Extreme Fishing Challenge. (PG) **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. (M) **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** 48 Hours. (M) **10.30** Rosewood. **11.30** Jake And The Fatman. (PG) **12.30** Motorcycle Racing. MotoGP. Race 16. Australian Grand Prix. Replay. From Phillip Island Grand Prix Circuit, Victoria. **2.00** Home Shopping. **3.00** Diagnosis Murder. (PG) **4.00** Matlock. (M) **5.00** Nash Bridges. (M)

## ABC

**6.00** News. **9.00** News Mornings. **10.00** Four Corners. **10.45** Media Watch. (PG) **11.00** Country Town Rescue. **11.30** Eggheads. **12.00** News. **1.00** Pointless. **1.50** The Musketeers. (M) **2.45** Auction Room. Final. **3.15** The Cook And The Chef. **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** Catalyst. (PG) **8.30** Man Up. (M) **9.30** Louis Theroux: By Reason Of Insanity. (M) **10.30** Lateline. **11.05** The Business. **11.20** Q&A. **12.25** Gore Vidal: The United States Of Amnesia. (M) **1.55** Rage. (MA15+) **4.00** Louis Theroux: By Reason Of Insanity. (M) **5.00** Eggheads. **5.35** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** River Monsters. (M) **8.20** #Shelfie With Dan Hong. **8.30** Good Game. (M) **9.00** The Wrong Mans. (M) **9.30** Hard Time. (PG) **10.20** Shaun Micallef's MAD AS HELL. (PG) **10.55** Ross Kemp: Extreme World. (M) **11.40** Hard Time. (PG) **12.30** Hard Time. (M) **1.20** Hard Time. (PG) **2.10** River Monsters. (M) **3.00** News Update. **3.05** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **8.40** French News. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** International Festival Of Language And Culture. **3.30** Portrait Of A City. Final. **3.30** Shackleton: Death Or Glory. **4.30** Wild Hungary. **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Who Do You Think You Are? (PG) **8.30** Insight. **9.30** Dateline. **10.00** SBS News. **10.30** Italy 1992. (M) **11.30** Italy 1992. (MA15+) Final. **12.35** Movie: Jodhaa Akbar. (M) (2008) **4.25** Food Lovers' Guide To Australia. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Nepali News. **4.00** The Feed. **4.35** Man Vs Fly. (PG) **4.40** Where The Wild Men Are With Ben Fogle. (PG) **5.30** 365: Every Day Documentaries. **5.35** Daria. (PG) **6.05** If You Are The One. **7.05** Community. **7.30** The Feed. **8.00** Full Frontal With Samantha Bee. (M) **8.30** Morgan Spurlock: Inside Man. New. **9.25** Morgan Spurlock: Inside Man. **10.25** Facebookian. **11.35** The Feed. **12.05** Nick Helm's Heavy Entertainment. (M) Final. **12.40** In The Flesh. (MA15+) **1.45** In The Flesh. (M) **2.45** @midnight. (M) **3.15** @midnight. (M) **3.50** France 24 News In English From Paris. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.25pm Kate & Leopold** (2001) Comedy. Meg Ryan, Liev Schreiber. (PG) *Romance*  
**8.30pm Bridget Jones's Diary** (2001) Comedy. Renée Zellweger, Colin Firth. (M) *Romance*  
**10.35pm Man On Fire** (2004) Action. Denzel Washington, Dakota Fanning. (MA15+) *Action*

## GENERAL

**7.30pm Pawn Stars**. (PG) *A&E*  
**8.30pm Life Below Zero**. (M) *A&E*  
**9.30pm Blindspot**. (MA15+) *Universal Channel*

## DOCUMENTARY

**7.30pm Rembrandt With Simon Schama**. *Foxtel Arts*  
**7.30pm Naked And Afraid Pop-Up Edition**. (M) *Discovery*  
**9.40pm Great British Menu**. *Lifestyle Food*

## SPORT

**6.00pm Surfing**. World League. Round 10. Moche Rip Curl Pro Portugal. Day 8. *Fox Sports 1*  
**7.30pm Soccer**. FFA Cup. Semi-final. Melbourne Victory v Melbourne City FC. *Fox Sports 4*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The  
 Ellen DeGeneres Show. (PG) **1.00**  
 Extra. **1.30** Hot in Cleveland. (PG)  
**2.00** The Block. (PG) **3.00** News  
 Now. **4.00** Afternoon News. **5.30**  
 Millionaire Hot Seat. **6.00** Nine  
 News. **7.00** A Current Affair.  
**7.30** The Block. (PG) Hosted by  
 Scott Cam. **8.40** Doctor Doctor.  
 (M) Hugh and Penny are forced  
 together during an overnight  
 trip to a coal mine. **9.40** The  
 Truth About Alcohol. (PG) **11.00**  
 Embarrassing Bodies. (M) **12.00**  
 Stalker. (M) **1.00** Extra. **1.30**  
 Danoz Direct. **2.30** Global Shop.  
**3.00** Skippy The Bush Kangaroo.  
**3.30** Good Morning America. **5.00**  
 News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **2.00**  
 SpongeBob. **2.30** Yu-Gi-Oh! (PG)  
**3.00** Rabbids Invasion. (PG) **3.30**  
 Yo-Kai. (PG) **4.00** Kids' WB. (PG)  
**4.05** Justice League Unlimited.  
 (PG) **4.30** Batman. (PG) **5.00** Ben  
 10. (PG) **5.30** Teen Titans Go!  
 (PG) **6.00** Regular Show. (PG) **6.30**  
 Adv Time. (PG) **7.00** The Middle.  
 (PG) **7.30** Auction Hunters. (PG)  
**8.30** Airplane Repo. (PG) **9.30**  
 Baggage Battles. **10.30** Storage  
 Hunters. (PG) **11.30** Toy Hunter.  
**12.00** American Digger. (PG)  
**12.30** Adv Time. (PG) **1.00** Regular  
 Show. (PG) **1.30** Ben 10. (PG)  
**2.00** Rabbids Invasion. (PG) **2.30**  
 Kate And Mim-Mim. **3.00** Sonic  
 Boom. (PG) **3.30** Yu-Gi-Oh! (PG)  
**4.00** Power Rangers Dino Charge.  
 (PG) **4.30** Batman. (PG) **4.50**  
 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning  
 Show. (PG) **11.30** News. **12.00**  
 Movie: Saving Emily. (M) (2004)  
**2.00** The Daily Edition. **3.00** The  
 Chase. **4.00** News. **5.00** The  
 Chase Australia. **6.00** News.  
**7.00** Home And Away. (PG)  
**7.30** Highway Patrol. (PG) **8.00**  
 Beach Cops. (PG) **8.30** Ramsay's  
 Hotel Hell. (M) Gordon continues  
 to perform one of the biggest  
 personal and hotel makeovers he  
 has ever tackled. **9.30** Big Bang.  
 (PG) A newly successful Penny  
 tries to pay Leonard back the  
 money he lent her to buy a car.  
**10.00** Big Bang. (PG) **10.30** Big  
 Bang. (PG) **11.00** Blindspot. (M)  
**12.00** Hannibal. (MA15+) **1.00**  
 Red Widow. (M) **2.00** Shopping.  
**4.00** NBC Today. **5.00** News.  
**5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo  
 Lost. **7.30** In Your Dreams. **8.00**  
 Toybox. **8.30** Harry's Practice.  
**9.00** Home And Away: The Early  
 Years. (PG) **9.30** NBC Today. **12.00**  
 The Border. (PG) **1.00** Lovejoy.  
 (PG) **2.00** The Great Outdoors.  
**3.00** House Doctor (Design For  
 Living) **4.00** Medical Emergency.  
 (PG) **4.30** 60 Minute Makeover.  
 (PG) **6.30** Bargain Hunt. **7.30**  
 Doc Martin. (PG) **8.30** Lewis. (M)  
 While investigating the murder  
 of an elderly lecturer, Lewis finds  
 links to bare-knuckle fighting and  
 Wagnerian opera. **10.30** Waking  
 The Dead. (MA15+) A missing  
 student's body is identified. **11.45**  
 Bargain Hunt. **12.45** Lovejoy.  
 (PG) **2.00** Shopping. **4.00** House  
 Doctor (Design For Living) **5.00**  
 Dr Oz. (PG)

## TEN

**6.00** Ent. Tonight. **6.30** Everyday  
 Gourmet. **7.00** Ben's Menu. **7.30**  
 Bold. (PG) **8.00** Family Feud.  
**8.30** Studio 10. (PG) **11.00** The  
 Talk. **12.40** Dr Phil. (M) **1.40** To  
 Be Advised. **2.40** GCBC. **3.00**  
 Judge Judy. (PG) **3.30** My Market  
 Kitchen. **4.00** Ben's Menu. **4.30**  
 Bold. (PG) **5.00** News. **6.00** Family  
 Feud. **6.30** The Project. **7.30** The  
 Bachelorette Australia. Hosted by  
 Osher Günsberg. **8.40** The Wrong  
 Girl. With her 30th birthday  
 approaching, Lily is determined  
 to avoid celebrating the  
 milestone. **9.40** Madam Secretary.  
 Environmental activists are arrested  
 for spying. **10.40** Hawaii Five-0.  
**11.30** The Project. **12.30** The Late  
 Show With Stephen Colbert. (PG)  
**1.30** Shopping. **4.00** My Market  
 Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Shopping. **8.00** A Taste Of  
 Travel. (PG) **8.30** Motor Racing.  
 Bathurst 1000 Unprofessionals  
 Race. Replay. **10.00** Megastructures  
 Breakdown. **10.00** M\*A\*S\*H.  
 (PG) **11.00** Hogan's Heroes. **12.00**  
 Get Smart. (PG) **1.00** Matlock.  
 (M) **2.00** Nash Bridges. (M) **3.00**  
 Jake And The Fatman. (PG) **4.00**  
 Diagnosis Murder. (PG) **5.00**  
 Star Trek: Voyager. (PG) **6.00**  
 Family Feud. **6.30** M\*A\*S\*H.  
 (PG) **7.30** David Attenborough's  
 Smart Sharks: Swimming With  
 Roboshark. **8.30** Shark Tank. (PG)  
**9.30** Megafactories. **10.30** 24:  
 Live Another Day. (M) **11.30** Sons  
 Of Anarchy. (MA15+) **12.30** Home  
 Shopping. **2.00** Diagnosis Murder.  
 (M) **3.00** Matlock. (M) **4.00**  
 Nash Bridges. (M) **5.00** Star Trek:  
 Voyager. (PG)

## ABC

**6.00** News. **9.00** News Mornings.  
**10.00** Q&A. **11.30** Eggheads.  
**12.00** News. **12.30** Press  
 Club. **1.30** Pointless. **2.15** The  
 Book Club. (PG) **2.45** Family  
 Confidential. (PG) **3.15** The Cook  
 And The Chef. **3.45** The Bill.  
 (PG) **4.10** Murder, She Wrote.  
 (PG) **5.00** News. **5.30** The Drum.  
**6.00** The Checkout: Snack Size.  
 (PG) **6.10** Pointless. **7.00** ABC  
 News. **7.30** 7.30. **8.00** Hard Quiz.  
 (M) **9.00** Hoshaven. (M) **9.30**  
 Adam Hills: Happyism. (M) **10.20**  
 Lateline. **10.50** The Business.  
**11.05** Four Corners. **11.55** Media  
 Watch. (PG) **12.10** The Weekly.  
 (M) **12.40** Adam Hills: Happyism.  
 (M) **1.30** Rage. (MA15+) **4.05** The  
 Musketeers. (M) **5.00** Eggheads.  
**5.35** The Bill. (PG)

## ABC2

**6.00** Children's Programs.  
**4.00** Bananas In Pyjamas. **4.10**  
 Wiggle. **4.20** Tree Fu Tom. **4.45**  
 Pocoyo. **4.55** The Numtums. **5.00**  
 Wallykazam! **5.25** Peg + Cat.  
**5.40** Peppa Pig. **5.50** Fireman  
 Sam. **6.00** Hey Duggee. **6.10**  
 Octonauts. **6.20** Peter Rabbit. **6.35**  
 Charlie And Lola. **6.50** Shaun The  
 Sheep. **7.00** Spicks And Specks.  
 (PG) **7.30** River Monsters. (M)  
**8.20** #Shelfie With Dan Hong.  
**8.30** Man Up. (M) **9.30** Professor  
 Green: Dangerous Dogs. (M)  
**10.15** Shaun Micallef's MAD AS  
 HELL. (M) **10.45** Class. (M) **11.50**  
 Class. **12.45** River Monsters. (M)  
**1.35** News Update. **1.40** Close.  
**5.00** Ella The Elephant. **5.10**  
 Boj. **5.20** Mouk. **5.35** Angelina  
 Ballerina: The Next Steps. **5.45**  
 Abney & Teal.

## SBS

**6.00** WorldWatch. **9.30** Greek  
 News From Cyprus. **10.30**  
 German News. **11.00** Spanish  
 News. **12.00** Arabic News. **12.30**  
 Turkish News. **1.00** PBS News.  
**2.00** The First Silent Night. (PG)  
**3.00** Dateline. **3.30** Insight.  
**4.30** Sri Lanka: Elephant Island.  
**5.30** Letters And Numbers. **6.00**  
 Rachel Khoo's Kitchen Notebook:  
 Melbourne. **6.30** SBS World News.  
**7.30** Tony Robinson's Hidden  
 Britain By Drone. **8.30** 24 Hours  
 In Emergency. (M) **9.30** 24 Hours  
 In Emergency. (M) **10.25** SBS  
 News. **11.00** The Five. (MA15+)  
**11.55** Movie: Outrage Beyond.  
 (MA15+) (2012) **1.55** Movie: The  
 Big Dream. (M) (2009) **3.50** David  
 Starkey's Music And Monarchy.  
**5.00** CCTV English News. **5.30**  
 NHK World English News.

## SBS2

**6.00** WorldWatch. **11.35** Punjabi  
 News. **12.05** Hindi News. **12.30**  
 Dutch News. **1.00** Urdu News.  
**1.30** Tamil News. **2.00** Thai  
 News. **2.30** Sri Lankan Sinhalese  
 News. **3.00** Bangla News. **3.30**  
 African News. **4.00** The Feed.  
**4.35** Man Vs Fly. (PG) **4.40** Where  
 The Wild Men Are With Ben  
 Fogle. (PG) **5.35** 365: Every Day  
 Documentaries. **5.40** Daria. (PG)  
**6.05** If You Are The One. **7.05**  
 Community. **7.30** The Feed. **8.00**  
 RAW Comedy Roadshows. **8.35**  
 Movie: Afflicted. (MA15+) (2013)  
**10.05** Movie: Carrie. (1976) **12.00**  
 The Feed. **12.30** Glue. (MA15+)  
**1.25** Glue. (M) **2.20** The Spoils  
 Before Dying. (PG) **2.45** The Spoils  
 Before Dying. (M) **3.15** Deutsche  
 Welle. **5.00** Korean News. **5.30**  
 Indonesian News.



## MOVIES

**6.50pm This Means War** (2012) Comedy.  
 Reese Witherspoon,  
 Tom Hardy. (M)  
*Action*  
**8.30pm Sahara**  
 (2005) Adventure.  
 Matthew  
 McConaughey,  
 Penélope Cruz. (M)  
*Action*  
**10.10pm Southpaw**  
 (2015) Drama. Jake  
 Gyllenhaal, Rachel  
 McAdams. (MA15+)  
*Premiere*

## GENERAL

**7.30pm The Flash.**  
 (M) FOX8  
**8.30pm Tattoo**  
**Fixers.** (M) A&E  
**9.30pm WAGS**  
**Miami.** (M) E!

## DOCUMENTARY

**6.30pm The Warner**  
**Saga.** Foxtel Arts  
**8.30pm See No**  
**Evil.** (M) Crime &  
*Investigation*  
**9.30pm Australian**  
**Story.** (M) National  
*Geographic People*

## SPORT

**6.00pm Surfing.**  
 World League.  
 Moche Rip Curl Pro  
 Portugal. Fox Sports 1  
**7.00pm Cricket.**  
 One-day International  
 Series. India v New  
 Zealand. Fox Sports 3  
**9.30pm Alpine**  
**Skiing.** World Cup.  
 Women's Giant  
 Slalom. Second leg.  
 Eurosport

2610

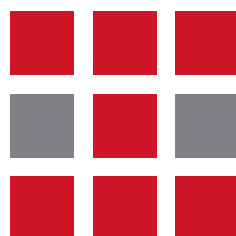
Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.



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## NINE

**6.00** Today. **9.00** Today Extra. (PG)  
**11.30** Morning News. **12.00** The  
 Ellen DeGeneres Show. (PG) **1.00**  
 Extra. **1.30** Hot In Cleveland. (PG)  
**2.00** The Block. (PG) **3.00** News  
 Now. **4.00** Afternoon News. **5.30**  
 Millionaire Hot Seat. **6.00** Nine  
 News. **7.00** A Current Affair.  
**7.30** The Big Bang Theory. (PG)  
**8.00** The Big Bang Theory. (PG)  
**8.30** Better Late Than Never.  
 (PG) **9.30** James Franco Roast.  
 (PG) **10.00** Survivor: The Mysteries  
 Of Laura. (M) **1.00** Extra. **1.30**  
 TV Shop: Home Shopping. **2.00**  
 Danoz Direct. **2.30** Global Shop.  
**3.00** Skippy The Bush Kangaroo.  
**3.30** Good Morning America. **5.00**  
 News Early Edition. **5.30** Today.

## GO!

**6.00** Children's Programs. **1.30**  
 Kate And Mim-Mim. **2.00**  
 SpongeBob. **2.30** Yu-Gi-Oh! (PG)  
**3.00** Rabbids Invasion. (PG) **3.30**  
 Yo-Kai. (PG) **4.00** Kids' WB. (PG)  
**4.05** Justice League Unlimited.  
 (PG) **4.30** Batman. (PG) **5.00** Ben  
 10. (PG) **5.30** Teen Titans Go!  
 (PG) **6.00** Regular Show. (PG) **6.30**  
 Adv Time. (PG) **7.00** The Middle.  
 (PG) **7.30** RBT. (PG) **8.30** Movie:  
 The Dark Knight Rises. (M) (2012)  
**11.45** Two And A Half Men. (PG)  
**12.15** American Digger. (PG)  
**12.45** Adv Time. (PG) **1.15** Sonic  
 Boom. (PG) **1.30** Ben 10. (PG)  
**2.00** Rabbids Invasion. (PG) **2.30**  
 Kate And Mim-Mim. **3.00** Sonic  
 Boom. (PG) **3.30** Yu-Gi-Oh! (PG)  
**4.00** Power Rangers Dino Charge.  
 (PG) **4.30** Batman. (PG) **4.50**  
 Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning  
 Show. (PG) **11.30** News. **12.00**  
 Movie: Every Woman's Dream.  
 (M) (1996) **2.00** The Daily Edition.  
**3.00** The Chase. **4.00** News. **5.00**  
 The Chase Australia. **6.00** News.  
**7.00** Home And Away. (PG) Kat  
 and Ash are sneaking around, but  
 someone may be watching. Zac  
 apologises to Leah. **8.00** World's  
 Angriest. (PG) Footage of people  
 losing their cool as caught on  
 camera by members of the public.  
**9.00** Movie: Fury. (M) (2014)  
 Brad Pitt, Shia LaBeouf, Logan  
 Lerman. A tank and its crew go  
 behind enemy lines. **11.45** The  
 Goldbergs. (PG) Erica opts out of  
 Thanksgiving. **12.10** Revenge. (M)  
**1.05** Revenge. (M) **2.00** Shopping.  
**4.00** NBC Today. **5.00** News.  
**5.30** Sunrise.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo  
 Lost. **7.30** In Your Dreams. **8.00**  
 Toybox. **8.30** Harry's Practice.  
**9.00** Home And Away: The Early  
 Years. (PG) **9.30** NBC Today. **12.00**  
 Doc Martin. (PG) **1.00** Lovejoy.  
 (PG) **2.00** The Great Outdoors.  
**3.00** Property Ladder. (PG) **4.00**  
 Medical Emergency. (PG) **4.30**  
 60 Minute Makeover. (PG) **6.30**  
 Bargain Hunt. **7.30** Father Brown.  
 (M) **8.30** Murdoch Mysteries. (M)  
 An alderman is murdered during  
 the attempted assassination of  
 Toronto's Protestant mayor. **10.30**  
 Some Mothers Do 'Ave 'Em. (PG)  
**11.15** Bargain Hunt. **12.15** Air  
 Rescue. (PG) **12.45** Psychic TV. (M)  
**3.45** Some Mothers Do 'Ave 'Em.  
 (PG) **4.30** One Foot In The Grave.  
 (PG) **5.00** Harry's Practice. **5.30**  
 Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday  
 Gourmet. **7.00** Ben's Menu. **7.30**  
 Bold. (PG) **8.00** Family Feud. **8.30**  
 Studio 10. (PG) **11.00** The Talk.  
**12.00** Dr Phil. **1.00** To Be Advised.  
**2.10** Ent. Tonight. **2.40** GCBC.  
**3.00** Judge Judy. (PG) **3.30** My  
 Market Kitchen. **4.00** Ben's Menu.  
**4.30** Bold. (PG) **5.00** News. **6.00**  
 Family Feud. **6.30** The Project.  
**7.30** The Bachelorette Australia.  
 Final. Hosted by Osher Günsberg.  
**9.00** Law & Order: SVU. (M)  
 Newly tested DNA evidence leads  
 to the exoneration of a prisoner  
 who served 16 years for a rape  
 conviction. **10.00** Law & Order:  
 SVU. (M) **11.00** Blue Bloods.  
 (M) Final. **12.00** The Late Show  
 With Stephen Colbert. (PG)  
**1.00** Shopping. **4.00** My Market  
 Kitchen. **4.30** CBS Morning.

## ONE

**6.00** Home Shopping. **8.00**  
 Motor Racing. Formula 1. Race  
 18. United States Grand Prix.  
 Replay. From the Austin Circuit,  
 Texas. **9.00** Monster Jam. **10.00**  
 M\*A\*S\*H. (PG) **11.00** Hogan's  
 Heroes. **12.00** Get Smart. (PG)  
**1.00** Matlock. (M) **2.00** Nash  
 Bridges. (M) **3.00** Jake And The  
 Fatman. (PG) **4.00** Diagnosis  
 Murder. (PG) **5.00** Star Trek:  
 Voyager. (PG) **6.00** Family Feud.  
**6.30** M\*A\*S\*H. (PG) **7.30**  
 Moments Of Impact. (PG) **8.30**  
 Megastructures Breakdown. **9.30**  
 Cops: Adults Only. (PG) **10.30**  
 Undercover Boss. (PG) **11.30** Epic  
 Meal Empire. (PG) **12.00** Home  
 Shopping. **2.00** Cops: Adults Only.  
 (PG) **3.00** Bellator MMA. (M) **5.00**  
 Star Trek: Voyager. (PG)

## ABC

**6.00** Morning Programs. **12.00**  
 ABC News At Noon. **1.00**  
 Pointless. **1.50** The Musketeers.  
 (M) **2.45** Family Confidential. **3.15**  
 The Cook And The Chef. **3.45** The  
 Bill. (PG) **4.15** Murder, She Wrote.  
 (PG) **5.00** News. **5.30** The Drum.  
**6.00** The Checkout. (PG) **6.10**  
 Pointless. **6.55** Clarke And Dawe.  
**7.00** News. **7.30** 7.30. **8.00** Silvia's  
 Italian Table. (PG) **8.30** Miniseries:  
 National Treasure. (MA15+) **9.20**  
 Kevin McCloud's Escape To The  
 Wild. (PG) **10.10** Shock Horror  
 Aunty. (MA15+) **10.45** Lateline.  
**11.15** The Business. **11.30**  
 Keeping Australia Alive. (M) **12.30**  
 The Agony Of Life. (M) **1.00** Press  
 Club. **2.00** Golf. PGA Tour. CIMB  
 Classic. **3.10** Movie: Two Tickets  
 To Broadway. (G) (1951) **5.00**  
 Eggheads. **5.35** The Bill. (PG)

## ABC2

**6.00** Children's Programs. **5.40**  
 Peppa Pig. **5.50** Fireman Sam.  
**6.00** Hey Duggee. **6.10** Octonauts.  
**6.20** Peter Rabbit. **6.35** Charlie  
 And Lola. **6.50** Shaun The Sheep.  
**7.00** Spicks And Specks. (PG)  
**7.30** River Monsters. (PG) **8.20**  
 #Shelfie With Dan Hong. **8.30**  
 Hard Quiz. (PG) **9.00** Catastrophe.  
 (MA15+) Final. **9.30** Episodes.  
 (M) **10.00** The Spoils Of Babylon.  
 (M) **10.25** Shaun Micallef's MAD  
 AS HELL. (PG) **10.55** Live At The  
 Apollo. (M) **11.40** Bad Education.  
 (M) **12.10** Swamp Brothers. (PG)  
**12.35** Swamp Brothers. (M)  
**12.55** Swamp Brothers. (PG) **1.20**  
 River Monsters. (PG) **2.10** News  
 Update. **2.15** Close. **5.00** Ella The  
 Elephant. **5.10** Boj. **5.20** Mouk.  
**5.35** Angelina Ballerina: The Next  
 Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **12.30** Turkish  
 News. **1.00** PBS News. **2.00** Smart  
 Secrets Of Great Paintings. **2.30**  
 Big Art. **3.00** SBS Flashback.  
 (PG) **3.05** Tales From The Bush  
 Larder. **3.35** Jackie Without  
 Jack. (PG) **4.35** The British. (PG)  
**5.30** Letters And Numbers. **6.00**  
 Rachel Khoo's Kitchen Notebook:  
 Melbourne. **6.30** SBS World  
 News. **7.30** Matthew Evans' For  
 The Love Of Meat. (PG) **8.30**  
 Luke Nguyen's Street Food Asia.  
**9.00** My Restaurant In India. **9.30**  
 Outlander. **10.30** SBS News. **11.00**  
 Sex Toys: Frisky Business. (MA15+)  
**11.55** Movie: Ra.One. (M) (2011)  
**2.45** The Island With Bear Grylls.  
 (M) **3.45** The British. (PG) **4.40**  
 Perception. (MA15+) **5.00** CCTV  
 English News. **5.30** NHK World  
 English News.

## SBS2

**6.00** WorldWatch. **3.00** Bangla  
 News. **3.30** Somali News. **4.00**  
 The Feed. **4.35** Man Vs Fly. (PG)  
**4.40** Where The Wild Men Are  
 With Ben Fogle. (PG) **5.30** 365:  
 Every Day Documentaries. **5.35**  
 Daria. (PG) **6.00** If You Are The  
 One. **7.00** Community. **7.30** The  
 Feed. **8.00** Billy On The Street.  
 (PG) **8.25** Billy On The Street. (M)  
**8.55** South Park. **9.20** United  
 Shades Of America. (PG) **10.10**  
 Inside The Chinese Closet. **11.15**  
 The Feed. **11.45** Derren Brown:  
 The Events. (PG) **12.40** Russell  
 Howard's Good News. (M) **1.15**  
 Russell Howard's Good News.  
 (M) **1.50** Ctrl Freaks. (M) **2.40**  
 Big Trouble In Thailand. (M) **3.30**  
 Close Up Kings. (PG) **4.20** NHK  
 World English News. **5.00** Korean  
 News. **5.30** Indonesian News.



## MOVIES

**6.35pm The Rewrite** (2014)  
 Romance. Hugh  
 Grant, Marisa Tomei.  
 (M) *Romance*  
**8.30pm The Night Before** (2015)  
 Comedy. Joseph  
 Gordon-Levitt, Seth  
 Rogen. (MA15+)  
*Premiere*  
**10.15pm Risen**  
 (2016) Action. Joseph  
 Fiennes, Peter Firth.  
 (M) *Premiere*  
**GENERAL**  
**7.30pm Arrow.** (M)  
 FOX8  
**8.30pm The Fall.**  
 BBC First  
**9.55pm Nurse Jackie.** (MA15+)  
*Showcase*

## DOCUMENTARY

**7.30pm Aussie Gold Hunters.** (PG)  
*Discovery*  
**8.30pm Ancient Aliens.** (PG) *History*  
**9.30pm Vampire Legend.** (PG) *History*

## SPORT

**6.00pm Surfing.**  
 World League. Round  
 10. Moche Rip Curl  
 Pro Portugal. Day 10.  
*Fox Sports 1*  
**6.00pm Basketball.**  
 NBL. Round 4. Cairns  
 Taipans v Melbourne  
 United. *Fox Sports 3*  
**8.00pm Sport Special.**  
*Fox Sports 4*  
**10.00pm AFL 360.**  
*Fox Footy*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## NINE

**6.00** Today. **9.00** Today Extra. (PG) **11.30** Morning News. **12.00** Ellen DeGeneres. (PG) **1.00** Ready For Takeoff. (PG) **2.00** Hyde & Seek. (M) **3.00** News. **4.00** Afternoon News. **5.30** Hot Seat. **6.00** Nine News. **7.00** ACA. **7.30** Ready For Takeoff. (PG) **8.30** Movie: Catch Me If You Can. (M) (2002) Leonardo DiCaprio, Tom Hanks, Christopher Walken, Martin Sheen. An FBI agent spends years chasing a young con man who amasses millions in fraudulent cheques. **11.20** Movie: Oranges And Sunshine. (M) (2010) Emily Watson, Aisling Loftus, Stuart Wolfenden. A social worker tries to reunite families. **1.30** TV Shop. **3.00** Avengers. (PG) **4.00** Global Shop. **4.30** GMA.

## GO!

**6.00** Children's Programs. **11.30** Yu-Gi-Oh! (PG) **12.00** Sonic Boom. (PG) **12.30** Ben 10. (PG) **1.00** Nexo Knights. (PG) **1.30** Kate And Mim-Mim. **2.00** SpongeBob. **2.30** Yu-Gi-Oh! (PG) **3.00** Rabbids Invasion. (PG) **3.30** Yo-Kai. (PG) **4.00** Kids' WB. (PG) **4.05** Justice League Unlimited. (PG) **4.30** Batman. (PG) **5.00** Ben 10. (PG) **5.30** Teen Titans Go! (PG) **6.00** Regular Show. (PG) **6.30** Movie: Racing Stripes. (G) (2005) **8.40** Movie: The Lord Of The Rings: The Two Towers. (M) (2002) **12.30** Forever. (M) **1.30** Ben 10. (PG) **2.00** Rabbids Invasion. (PG) **2.30** Kate And Mim-Mim. **3.00** Sonic Boom. (PG) **3.30** Yu-Gi-Oh! (PG) **4.00** Power Rangers Dino Charge. (PG) **4.30** Batman. (PG) **4.50** Thunderbirds. **5.30** Yu-Gi-Oh! (PG)

## SEVEN

**6.00** Sunrise. **9.00** The Morning Show. (PG) **11.30** News. **12.00** Movie: First Daughter. (M) (1999) **2.00** The Daily Edition. **3.00** The Chase. **4.00** News. **5.00** The Chase Australia. **6.00** News. **7.00** Better Homes. Joh catches up with Australia's top beauty experts to get their views on the latest Melbourne Cup look. **8.30** Movie: Maleficent. (M) (2014) Angelina Jolie, Elle Fanning, Sharlto Copley. After a fairy is betrayed by a king, she places a curse on his infant daughter. **10.30** To Be Advised. **11.30** To Be Advised. **12.30** Mistresses. (M) Karen hits rock bottom emotionally. **1.30** Harry's Practice. Information about pet care. **2.00** Shopping. **4.00** Dr Oz. (PG) Dr Oz shares a gluten diagnosis plan. **5.00** NBC Today.

## 7TWO

**6.00** Shopping. **7.00** ZooMoo Lost. **7.30** In Your Dreams. **8.00** Toybox. **8.30** Harry's Practice. **9.00** Home And Away: The Early Years. (PG) **9.30** NBC Today. **12.00** Better Homes. **1.00** Lovejoy. (PG) **2.00** The Great Outdoors. **3.00** Property Ladder UK Revisited. **4.00** Best Houses Australia. Hosted by Gary Takle. **4.30** 60 Minute Makeover. (PG) The team heads to Cramlington, Northumberland. **6.30** Bargain Hunt. Contestants compete to make a profit. **7.30** Mr Selfridge. (PG) The filming of a silent movie on the ground floor of the store leaves Harry delighted when crowds gather to watch. **8.30** To Be Advised. **12.00** Bargain Hunt. **1.00** Psychic TV. (M) **4.00** Lovejoy. (PG) **5.00** Harry's Practice. **5.30** Shopping.

## TEN

**6.00** Ent. Tonight. **6.30** Everyday Gourmet. **7.00** Ben's Menu. **7.30** Bold. (PG) **8.00** Family Feud. **8.30** Studio 10. (PG) **11.00** The Talk. **12.00** Dr Phil. **1.00** The Living Room. **2.00** Ent. Tonight. **2.30** GCB. **3.00** Judge Judy. (PG) **3.30** My Market Kitchen. **4.00** Ben's Menu. **4.30** Bold. (PG) **5.00** News. **6.00** Family Feud. **6.30** The Project. **7.30** The Living Room. **8.30** The Graham Norton Show. Special guests include Tom Cruise, Cobie Smulders, Jude Law, Catherine Tate and the Kings of Leon. **9.30** Have You Been Paying Attention? (M) Guests include Ed Kavalee, Urzula Carlson, Marty Sheargold, Kitty Flanagan and Sam Pang. **10.30** To Be Advised. **12.00** The Late Show With Stephen Colbert. (PG) **1.00** Shopping.

## ONE

**6.00** Shopping. **8.00** Motorcycle Racing. MotoGP. Race 16. Australian Grand Prix. Replay. From Phillip Island Grand Prix Circuit, Victoria. **9.30** Fishing Edge. **10.00** M\*A\*S\*H. (PG) **11.00** Hogan's Heroes. **12.00** Get Smart. (PG) **1.00** Matlock. **2.00** Nash Bridges. (M) **3.00** Jake And The Fatman. (PG) **4.00** Diagnosis Murder. (PG) **5.00** Star Trek: Voyager. (PG) **6.00** Family Feud. **6.30** M\*A\*S\*H. (PG) **7.30** MacGyver. (PG) **8.30** Walker, Texas Ranger. (M) **9.30** Movie: True Justice: Angel Of Death. (M) (2012) Steven Seagal, Sarah Lind, Lochlyn Munro. **11.30** Nash Bridges. (M) **12.30** Home Shopping. **2.00** Hogan's Heroes. **3.00** Diagnosis Murder. (PG) **4.00** Walker, Texas Ranger. (M) **5.00** MacGyver. (PG)

## ABC

**6.00** ABC News Breakfast. **9.00** ABC News Mornings. **10.00** One Plus One. **10.30** Catalyst. (PG) **11.00** Devil Island. (PG) **11.30** Eggheads. **12.00** News At Noon. **1.00** Pointless. **1.40** Miniseries: National Treasure. (M) **2.30** Kevin McCloud's Escape To The Wild. (PG) **3.20** Silvia's Italian Table. (PG) **3.45** The Bill. (PG) **4.10** Murder, She Wrote. (PG) **5.00** ABC News: Early Edition. **5.30** The Drum. **6.00** The Checkout: Snack Size. (PG) **6.10** Pointless. **7.00** ABC News. **7.30** 7.30. **8.00** QI. (M) **8.30** The Level. (M) New. **9.20** DCI Banks. (M) **10.05** Hard Quiz. (PG) **10.40** Lateline. **11.10** The Business. **11.25** Adam Hills: The Last Leg. (M) **12.10** Rage. (MA15+) **5.00** Rage. (PG)

## ABC2

**6.00** Children's Programs. **4.45** Pocoyo. **4.55** The Numtums. **5.00** Wallykazam! **5.25** Peg + Cat. **5.40** Peppa Pig. **5.50** Fireman Sam. **6.00** Hey Duggee. **6.10** Octonauts. **6.20** Peter Rabbit. **6.35** Charlie And Lola. **6.50** Shaun The Sheep. **7.00** Spicks And Specks. (PG) **7.30** Total Wipeout. **8.30** The Midwives. (PG) **9.30** The Fried Chicken Shop. (M) **10.20** Shaun Micallef's MAD AS HELL. (M) **10.50** Professor Green: Dangerous Dogs. (M) **11.40** Sun, Sex And Suspicious Parents. (M) **12.35** Swamp Brothers. (PG) **1.00** Swamp Brothers. (M) **1.20** Total Wipeout. **2.25** News Update. **2.30** Close. **5.00** Ella The Elephant. **5.10** Boj. **5.20** Mouk. **5.35** Angelina Ballerina: The Next Steps. **5.45** Abney & Teal.

## SBS

**6.00** WorldWatch. **9.30** Greek News From Cyprus. **10.30** German News. **11.00** Spanish News. **12.00** Arabic News. **12.30** Turkish News. **1.00** PBS News. **2.00** Tribal Scents. **3.00** The Point Review. **3.30** Heston's Mission Impossible. **4.25** Who Do You Think You Are? (PG) **5.30** Letters And Numbers. **6.00** Rachel Khoo's Kitchen Notebook: Melbourne. **6.30** SBS World News. **7.30** Wild Sri Lanka. **8.30** Movie: Margin Call. (MA15+) (2011) **10.30** SBS News. **11.00** Movie: Best In Bed. (MA15+) (2014) **12.40** The Bridge. (M) Final. **1.50** The Young Montalbano. (M) **4.00** Food Lovers' Guide To Australia. **4.40** Destination Flavour. **4.50** SBS Flashback. **5.00** CCTV English News. **5.30** NHK World English News.

## SBS2

**6.00** WorldWatch. **10.20** Portuguese News. **11.00** Japanese News. **11.35** Punjabi News. **12.05** Hindi News. **12.30** Dutch News. **1.00** Urdu News. **1.30** Tamil News. **2.00** Thai News. **2.30** Sri Lankan Sinhalese News. **3.00** Bangla News. **3.30** Armenian News. **4.00** The Feed. **4.30** Man Vs Fly. (PG) **4.35** Where The Wild Men Are With Ben Fogle. (PG) **5.25** If You Are The One. **6.30** Soccer. A-League. Round 4. Melbourne City v Adelaide United. **9.15** 365: Every Day Documentaries. **9.20** Adam Ruins Everything. (PG) **9.45** Community. **10.15** MythBusters. (PG) **11.15** MythBusters. (PG) **12.15** Movie: The Assassin. (2015) **2.10** PopAsia. (PG) **3.15** NHK World English News. **5.00** Korean News. **5.30** Indonesian News.



## MOVIES

**6.30pm Ant-Man** (2015) Action. Paul Rudd, Evangeline Lilly. (PG) *Premiere*  
**8.30pm A Beautiful Mind** (2001) Biographical. Russell Crowe, Jennifer Connelly. (M) *Masterpiece*  
**10.25pm The Martian** (2015) Drama. Matt Damon, Jessica Chastain. (M) *Premiere*

## GENERAL

**7.30pm DC's Legends Of Tomorrow.** (M) *FOX8*  
**8.30pm Law & Order: SVU.** (MA15+) *Universal Channel*  
**8.30pm Sleepy Hollow.** (MA15+) *FOX8*

## DOCUMENTARY

**8.30pm Passport To Murder.** (MA15+) *Crime & Investigation*  
**9.30pm The Classic Car Show.** (PG) *Discovery Turbo*

## SPORT

**5.30pm Rugby Union.** Mitre 10 Cup. Championship Final. *Fox Sports 3*  
**7.30pm Basketball.** NBL. Round 4. Illawarra Hawks v Perth Wildcats. *Fox Sports 3*

Classifications: (P) Preschoolers (C) Children (G) General (PG) Parental Guidance (M) Mature Audiences (MA15+) Mature Audiences Only (AV15+) Extreme Adult Violence. Please note: Listings are correct at the time of print and are subject to change by networks.

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## North Lakes Community Women's Group Inc. News

Written by Sam Stevens Publicity Officer NLCWGI

Our Fashion Parade was a great success with Rosa from Fashions On The Go presenting the latest styles and fashions in a dazzling array of texture and colour. This impressive range was exhibited by our models as they strutted and posed with a great deal of panache. We had a grand attendance of 83 including seven visitors, a good turn-out indeed and a wonderful morning was enjoyed by all. Our thanks to Rosa for another wonderful show of today's apparel and the huge selection of items for sale. Special thanks go to our models; Margaret E; Maria; Joycelyne; Patricia D; and Sue E, you all performed to a very high standard, watch out for the talent scouts!

Tuesday 25th October 11:30 BIRTHDAY LUNCH, Mon Komo Hotel, 99 Marine Parade, Redcliffe. One of our major functions of the year themed FIRE & ICE and celebrating 13 years of fun, friendship and frivolity. Nominations for our Executive Committee Members close at noon at our Birthday Lunch

and will be announced during our lunch. Members only.

Tuesday 1st November NO MEETING due to Melbourne Cup Day celebrations. This is a wonderful opportunity for our members to gather with family and friends to celebrate this momentous day. Have fun, take care, and see you all next week.

Tuesday 8th November 9:45 MONTHLY GENERAL MEETING followed by our ANNUAL GENERAL MEETING. It is time to elect a new Executive Committee. This meeting will cover quite a bit of business involving affairs and decisions that will affect all Members, so please, do come along.

Our meetings are open to all women in North Lakes/Mango Hill - Moreton Bay district. Please refer to our listing under the Community Notice Board. For more information contact Julie, 3886 4552; Colleen, 0418 658 442; Carmen, 3491 9410.

## Emilio's Cafe

Kallangur

# \$6

## Bacon, Fried Eggs & Toast

Must present voucher



Carpark Entrance  
Family Medical Practice  
Cnr Anzac Ave &  
School Rd, Kallangur

Live music on Saturdays...  
Open 6.30am Mon-Sat

# Ph:3482 2200

Image for Illustration Purposes only

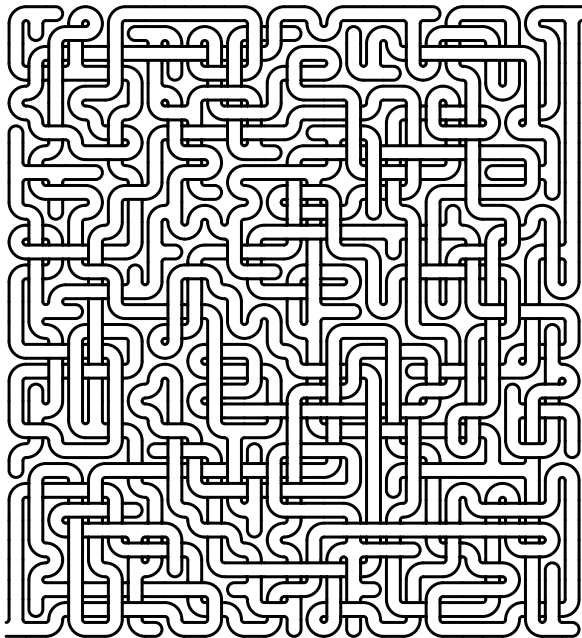
The Messenger [www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au) 24



# Sudoku

	4	9						
2					9			6
					3		8	
			9		2	8		5
	9			1			6	
3		6	5		7			
	1		4					
5			7					4
						2	7	

## Amazing Mazes



Crossword Solution from last issue

	A		N			B		S							
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	E		B		U		C		C		E		W		
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	G		O		E		R		E		R		R		
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A	B	B	R	E	V	I	A	T	E		A	B	U	T	
	S		E		I		P		X		V		L		
D	E	S	P	A	T	C	H			P	L	E	A	S	E
	N		E		A		Y		E		N		A		
	T	R	A	I	T	S			O	C	U	L	A	R	
		L		E					T		Y				

# Crossword 6454

Your weekly shot of crossies by Laurie Stibbe

## ACROSS

- 1 Rub hard and wear away
- 4 Casks
- 9 Move goods commercially
- 10 Unaccompanied
- 11 Capture
- 12 Acquilegia
- 13 With excitement and enthusiasm
- 15 Pour
- 17 Having great influence
- 19 Stroked horse soothingly
- 22 Strong feeling or emotion
- 24 Ayers Rock
- 26 Languished
- 27 Horse-drawn carriage
- 28 Baggage
- 29 Joined into single entity

## DOWN

- 1 Physical object
- 2 Show a response
- 3 Sudden giving off of energy
- 4 Fought against
- 5 Kingdom
- 6 Aroused, worked up
- 7 Appeared to one's mind
- 8 Quick to take offence
- 14 Woodchuck
- 16 Roman leader of 100 men
- 18 Dark cane syrup
- 19 Manages financially
- 20 Frightened away
- 21 Attack
- 23 Chief Hindu god
- 25 Give permission

1		2		3				4		5		6		7
					8									
9										10				
11						12								
13		14							15		16			
	17					18		19						20
21														
22				23						24		25		
26						27								
28										29				

## COMMUNITY NOTICE BOARD ONLINE

Are you looking for something to do? Visit the region's foremost community guide where you'll find like-minded individuals of all interests, events, local special interest groups for all ages, guidance and support if you need it.

[www.northlakesmessenger.com.au](http://www.northlakesmessenger.com.au)

The Community Notice Board is a free service provided by the Messenger for community, social and non-profit organisations

To post email: [community@northlakesmessenger.com.au](mailto:community@northlakesmessenger.com.au)

- Maximum of 60 words per submission
- Please resubmit your item in full when making alterations
- Entries updated every Thursday
- Your submission will run ongoing until you notify us otherwise

# Real Estate

## Locals find easy access to rates in eMBRC

More than 10,000 ratepayers across the Moreton Bay Region have already signed up to receive their rates notices online, via council's new eMBRC system.

On 1 July, council invited residents to start signing up to the online service, with the first quarterly rates notices to be emailed as a PDF file on 1 October. Today, the 10,000th user signed up to receive their rates notices this way.

Residents can opt in and out of the service at any time as their circumstances change.

Council's Corporate Services Spokesperson Councillor Adrian Raedel said he wasn't surprised that more than 10,000 ratepayers had already opted in.

"This service will allow ratepayers to keep track of their rates notices from anywhere,

even if they are travelling, living at an address that differs from where their mail gets delivered, or in hospital," Councillor Raedel said.

"We knew this would really appeal to people in our region who have to travel frequently for work, as well as those who own a property here, but have no fixed residential address because they are following the grey nomad trail or some other reason."

"Of course, many of us just want to do their bit for the environment too."

Signing up to eMBRC is easy. Just go to [www.moretonbay.qld.gov.au/embrc](http://www.moretonbay.qld.gov.au/embrc), select your property, confirm your details and nominate your email account.

"eMBRC is an additional option to the delivery methods we already had in place, including good old snail mail, MyPost Digital Mailbox and BPAY View," Councillor Raedel said.

"Now residents just have more choice and convenience."

eMBRC is available to all ratepayers in the Moreton Bay Region who can access the internet. To register, or for more information on eMBRC visit [www.moretonbay.qld.gov.au/embrc](http://www.moretonbay.qld.gov.au/embrc)

Signing up to eMBRC is easy. Just go to [www.moretonbay.qld.gov.au/embrc](http://www.moretonbay.qld.gov.au/embrc), select your property, confirm your details and nominate your email account.



## Harcourts

### For Sale



Mango Hill 39 Markwell Crescent

5 3 2

### Magnificent 39sq+ Smart Home

Set in one of the most prestigious positions, within Capestone, sits this luxurious five bedroom residence + study, boasting a master bedroom with ensuite & walk in robe on both levels. Three large separate living areas as well in ground pool + all the modern features to make life very comfortable including NBN. Potential rental return of \$830-\$850/week.

### For Sale

\$815,000

Open Home

Saturday 22 October 9:30 - 10:00am

Michelle Wheeler

M 0438 197 812



[www.northlakes.harcourts.com.au](http://www.northlakes.harcourts.com.au)

P 07 3491 7180





North Lakes 11 Harrison Street

## Large Lowset, Designer Home in Elite Club North!

This huge, individually designed Lowset Home offers over 320sqm of stunning family living! Perfect for both entertaining and everyday lifestyle, this superb residence boasts four spacious bedrooms and four large & stylish living zones expertly positioned for family practicality.

There's no doubt, this beautiful feature packed residence will afford your family a whole new lifestyle to be enjoyed in complete and utter comfort.

- Master with custom WIR, full length mirrors & lavish ensuite
- Bed 2 has WIR, Bed 3 & 4 with BIR
- State of the art designer kitchen
- Spacious open plan dining & Open plan living area, Rumpus plus Media
- Ducted A/C, Pool



## Sale

\$799,000+

**Darren & Lisa Suhle**

0400 197 529

View Saturday 1.00 - 1.30pm

[darren.suhle@raywhite.com](mailto:darren.suhle@raywhite.com)

3/13 Discovery Drive North Lakes

3482 3501 | 3491 9153

[raywhitenorthlakesqld.com.au](http://raywhitenorthlakesqld.com.au)

[raywhitemangohill.com.au](http://raywhitemangohill.com.au)

4 2 2



Ray White North Lakes | Mango Hill



North Lakes 2 Pampling Court

## Superior Greengate Position! Opposite Park! Truly Unique Residence!

Situated in elite Pampling Court in a highly sought-after pocket of Greengate Precinct, opposite stunning park, walking distance to golf club and surrounded by distinguished executive level homes, this truly Unique Residence is an absolute must to inspect and will definitely impress! Simply delightful, this residence combines classical period elegance with designer elements throughout -creating a relaxed ambience that flows all though the home.

- Large master with WIR & spacious balcony with park views
- 3 Additional generously sized beds
- Multiple living areas all featuring pool
- Stylishly appointed kitchen
- Secluded tree-lined poolside courtyard



## Sale

\$699,000+

**Darren & Lisa Suhle**

0400 197 529

View By appointment

[darren.suhle@raywhite.com](mailto:darren.suhle@raywhite.com)

3/13 Discovery Drive North Lakes

3482 3501 | 3491 9153

[raywhitenorthlakesqld.com.au](http://raywhitenorthlakesqld.com.au)

[raywhitemangohill.com.au](http://raywhitemangohill.com.au)

4 3 2



Ray White North Lakes | Mango Hill





North Lakes 3 Cooksland Crescent

**Superb Position close to Lake Eden & North Lakes Town Centre!**

Darren & Lisa Suhle are pleased to present to the market this beautiful residence - Boasting 4 Living zones, superior entertaining facilities, a highly sought after Freshwater Precinct location, close to Lake Eden & all of North Lakes fantastic amenities! Your search for the perfect home could well be over once you view this spectacular home which possesses so many outstanding attributes that even the most discerning of Buyers will be suitably impressed.

- Mastersuite with beautiful ensuite
- 3 Additional bedrooms
- Gourmet kitchen, Spacious dining
- Large air-conditioned formal living area, Spacious A/C family room
- Living/Rumpus with A/C

**Sale**

\$629,000

**Darren & Lisa Suhle**

0400 197 529

View Saturday 2.00 - 2.30pm

darren.suhle@raywhite.com

3/13 Discovery Drive North Lakes

3482 3501 | 3491 9153

raywhitenorthlakesqld.com.au

raywhitemangohill.com.au

4 2 2



**Ray White North Lakes | Mango Hill**



North Lakes 1 Wombat Place

4 2 2

North Lakes 17 Woodward Cres

5 2 2

**SOLD by  
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Thinking of Selling?  
Tony & Nadine Wilkie  
0406 861 210

Ray White North Lakes | Mango Hill



**SOLD by  
Team Wilkie!**

Thinking of Selling?  
Tony & Nadine Wilkie  
0406 861 210

Ray White North Lakes | Mango Hill







**14 Burgan Place, North Lakes**

View Saturday 22nd Oct 10.00-10.30am

Sale \$449,000+



3 1 1



**13 Copeland Drive, North Lakes**

View Saturday 22nd Oct 10.00-10.30am

Sale \$649,000+



4 2 2



**35 Douglas Circuit, North Lakes**

View Saturday 22nd Oct 10.00-10.30am

Sale \$579,000+



4 2 2



**5 Crenshaw Street, North Lakes**

View Saturday 22nd Oct 11.00-11.30am

Sale \$529,000+



3 2 2



**34 Ballesteros Street, North Lakes**

View Saturday 22nd Oct 12.00-12.30pm

Sale \$599,000+



4 2 2



**3 Hare Street, North Lakes**

View Saturday 22nd Oct 10.00-10.30am

Sale \$499,000+



4 2 2



**17 Bowerbird Crescent, Dakabin**

View Saturday 22nd Oct 11.45-12.15pm

Sale \$359,000+



3 2 1



**7 Troon Street, North Lakes**

View Saturday 22nd Oct 3.00-3.30pm

Sale \$512,000



4 2 2

For further info on these fantastic homes call Darren Suhle 0400 197 529



Ray White North Lakes | Mango Hill



# Experience isn't expensive...

For Sale



## 32 TROON STREET, NORTH LAKES

- \* Located in Prestigious Fairway Chase
- \* 4 beds plus TWO studies
- \* Resort styled in-ground swimming pool
- \* 4 Living zones
- \* Solar power, high spec finishes, NBN
- \* OFFERS OVER \$699,000

For Sale



## 46 PADEMELON CCT, NORTH LAKES

- \* Ideal for extended families
- \* 918 m2 land
- \* 5 beds, 3 bath, 2 car
- \* Ducted air-con, 9ft ceilings & solar power
- \* Stunning in-ground swimming pool
- \* OFFERS ABOVE \$739,000

For Sale



## 14 EDMUND CCT, NORTH LAKES

- \* 5 beds, 2.5 baths, 2 car
- \* Built by award winning Metricon Homes
- \* Designer finishes + upgrades galore
- \* 2 years young = builders warranty applies
- \* Very convenient location + NBN
- \* OFFERS ABOVE \$569,000

For Sale



## 9 RAYMONT ST, NORTH LAKES

- \* Entry level buying
- \* Ideal Investment or First Home Buyer
- \* 3 bed, 2 bath, 1 car
- \* Perfect location - close to everything
- \* North Lakes State College catchment
- \* OFFERS OVER \$359,000



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**Natalie  
Wells  
Ph: 0419 216 883**

# EXPERTS' GUIDE TO BUYING PROPERTY

REIQ will be opening its doors and welcoming property buyers and investors to its free Experts Guide to Buying Property seminar at REIQ HQ, Coorparoo, October 22, 2016.

The seminar, now in its third year, offers detailed, helpful information for anyone looking to buy or invest in the Queensland property market. Presenters will talk on a range of property related topics, and attendees will meet buyers' agents, auctioneers, valuers, and banking and legal experts.

"Understanding the Queensland property market can be daunting and having an expert give you tips for finding your next perfect purchase can be really helpful," Ms Mercorella said.

"This seminar is an opportunity for people to meet a whole range of experts, assembled conveniently in one room, and there is an opportunity to ask questions and get the answers to those burning property queries," she said.

"Doing your homework and gaining knowledge is the key to making that big

property purchase as stress-free as possible. Everybody who attends will be able to learn all the tips and tricks from the experts themselves.

"Our speakers are highly experienced in all areas of the Queensland property market," Ms Mercorella said.

Presentations include:

- Auctioneer and sales agent experts offering tips and advice
- Data and market indicator analyst explaining how to read the numbers
- Buyer's agents – do you need one and how to get one
- Finance and lending experts help with

The sessions are tailored to suit investors or first home buyers and are FREE!

- those tricky finance questions
- Conveyancing experts will unveil what they do and why it's important
- Taxation experts will help investors and first-home buyers understand tax implications

Sessions will be tailored to suit investors or first-home buyers and attendees will choose some sessions based on requirements.

They will also have the opportunity to ask questions and gather information ahead of their property purchase.

Free tickets booked through eventbrite, search: *Experts Guide to Buying Property*



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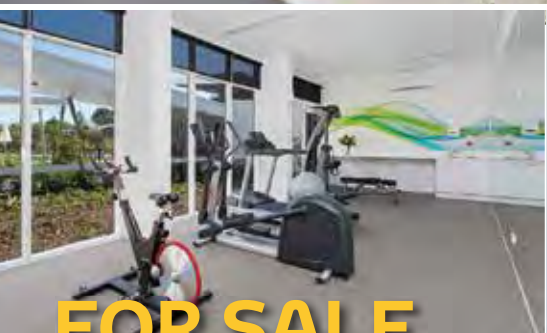
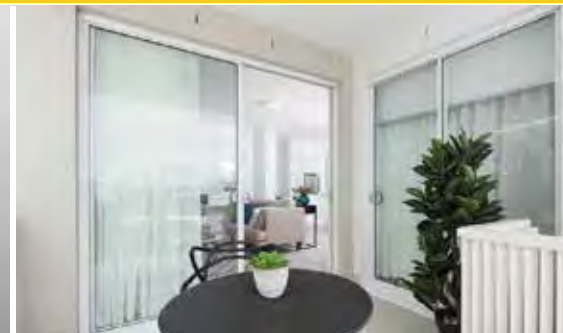
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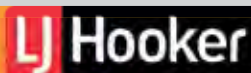
Nearly sold out with only a few remaining be one of the lucky ones to purchase one of these brand new stylish apartments within an easy walk to North Lakes Westfield's, restaurants and the new Mango Hill train station. With only 9 available these amazing apartments offer so much for investors and allows first home owners to claim the \$20,000 First Home Owner Grant. All featuring 2 large bedrooms with options of study nook or multipurpose room. Other standard features to all units include stone bench tops, air conditioning, covered outdoor balcony or courtyard, 9ft ceilings and secure car space. Live the resort lifestyle every day and take advantage of the luxurious swimming pool, spa, gym and a choice of cafes right at your doorstep.

These last remaining apartments will not last long so call me today to arrange your private inspection Saturday/Sunday and evening inspections welcome.



Jarod Faulkner

0447 734 206 | [jfaulkner.northlakes@ljh.com.au](mailto:jfaulkner.northlakes@ljh.com.au)



North Lakes/Mango Hill

1/13 Discovery Drive | P: 3491 7733 | F: 07 3491 3809  
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